

Breakthrough Juice Fasting: Release Your Radiance

Brought to you by:



by nutrition expert and
detoxification specialist
Kate West

Designed, Written and Produced by Kate West of www.cleansewithkate.com

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Written by Kate West

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ABOUT US

Cleanse With Kate is a web-based company dedicated to enhancing the “juiciness” of life by promoting the art and practice of Conscious Living. Like biting into a juicy peach on a hot mid-summer’s day, this type of juiciness comes from simplicity and purity, but at the same time feels wildly luxurious and decadent. This is the kind of luxuriousness that comes from knowing we are living in harmony with our Highest Selves and the planet we live on.

I designed the Cleanse With Kate because my clients were so rejuvenated after cleansing with me that they wanted the ability to maintain their post fast results. They were looking for ways to transfer the benefits of the practice into all aspects of their lives, and so, Cleanse With Kate was born!

At Cleanse With Kate, we promote enhancement of all aspects of living through the practices of mindfulness, eco-conscious and cruelty free living, yoga, whole foods, Superfoods, and much more - all in a fun and carefree setting. We also favor a “no limitations” lifestyle, and are about freedom in every sense of the word. We believe that your heart will guide you to the right decisions every time, and that making decisions this way will bring you closer to the life you dream of. We prefer to crowd out the bad stuff with an abundance of the good stuff instead of encouraging any restrictions. We have found that this is the fastest and perhaps only way to achieve a healthy, radiant life!

Lastly, we believe that you are perfect (brilliant, in fact!) just as you are, and we seek to give you tools, tips, techniques, and products that will enable you to release your Inner Radiance & let your life shine.

Welcome!!

WELCOME 😊

Dear Reader,

Congratulations on taking an enormous step towards creating total health and vitality. The **Breakthrough Juice Fasting** guide will enable you to shed unwanted pounds while boosting your immunity. May this be the start of an exciting journey for you!

We all want to feel good and we all want to look better. Cleansing on this level will allow your body to begin shedding the layers that are covering you up – whether they be excess weight, a low immunity, general fatigue or even just an overriding ‘stressed-outness’. Through the process of juice fasting, you will tap into that vibrantly energetic part of you that has been hidden, possibly for years.

Not everyone can complete a juice fast, nor would they even want to, but YOU can!

Juice fasting is a powerful tool. It takes a special kind of person to want to cleanse on this level, but, when performed with discipline and dedication, juice fasting can and does work miracles! The **Breakthrough Juice Fasting** guide was designed to:

- Explain the myriad health benefits of juice fasting
 - Help you determine if juice fasting is the right approach for you
 - Walk you through the preparation and ongoing process of juice fasting
 - Guide you in designing your personal Juice Fasting Kit
 - Offer techniques and visualizations for body, mind and spirit
 - Conduct your juice fasting results evaluation
 - Give you FREE juice fasting resources
- ...and much more!**

In addition to helping you have a successful juice fasting experience, this guide will also enable you to live more closely with your authentic self. You will literally uncover the ‘you’ that you know you are underneath it all. **Breakthrough Juice Fasting** is offered as a starting point on your road to fabulous health and abundant happiness. That’s the real gift offered here.

Please know that my goal is not for you to complete a juice fast out of sheer will power. Instead, it is to align with the intention to fast and have your intention carry you through to your most radiant self. Once you transform your relationship with food and your body, you will experience greater joy and ease in the rest of your life!

Here’s to your health, your beauty, and your inner radiance! May you begin to enjoy sipping the delicious nectar that is a clean, healthy, and vibrantly happy life. And may juice fasting provide a way for you to accomplish your dreams in this regard.

Yours in health, vitality and joy,

Kate West

INTRODUCTION

WHO AM I? (KATE WEST)

My name is Kate West -- and I am a yoga teacher, a meditation coach and a de-tox and purity lifestyle consultant. I specialize in helping people sort out their food and health issues because I know from experience how tough these issues are to deal with. I believe that health and freedom go hand in hand.

I am also someone whose own struggle with diet and weight loss has been monumental. I have, as a result, tried and studied almost every nutritional theory, practice, and diet prescription imaginable.

More than having talked the talk, I've walked the walk when it comes to nutrition and my personal health and life goals. Believe me, if anyone understands what you're doing through, it's me. I've 'been there, done that' when it comes to health and weight loss.

One day I finally found the key to unlocking what I've always known to be true about myself -- my body will do the work for me, if I just stand aside and let it!

What a relief! After ten years of intense, all-consuming struggle with diet and weight loss, I have arrived at a place of loving my body and loving my life --FINALLY!



Juice fasting has been one of the most empowering tools I've found for this.

I have since completed more than twenty juice fasts and cleanses - the longest being a 30-day fruit and vegetable juice fast. All of these fasts had exciting and wonderful results! Juice fasting has become a regular part of my now healthy and happy life.

But while I have completed many successful fasts, I have also failed miserably many times.

That is why I have written ***Breakthrough Juice Fasting***. I felt there was a need for something that offered a practical, holistic guide for tackling juice fasting. I wanted to help people harness the true power of this practice for deep-cleansing

their systems and unveiling the healthy happiness we all instinctively know is our birthright.

I have learned what works and what doesn't (on both the physical and emotional level) with regard to juice fasting. I am now very excited to offer up this information so that it may help transform the lives of others.

My intention for writing this ebook is that you may bypass the common pitfalls of inexperienced juice fasters and go straight towards the good, and all while enjoying the ride!

MY HEALTH & WEIGHT LOSS STORY

Of course, I've always wanted impeccable health and vitality. But, like many people, I also had ongoing issues with weight gain. That is what I was searching for when I came across juice fasting, and I imagine that is at least part of what most people who purchase this ebook are interested in as well. So let me just tell you up front:



There is no other diet on the planet that allows you to lose a pound a day safely and effectively!

A dieter since age ten, I had never known a time when I was not self-conscious about my body. Life became one long exercise in swinging between self-denial and self-hatred. As the common story goes, diet after diet led to more and more weight gain.

Then one day I realized that despite having been on diets since I was ten, I had in fact ballooned up to 180 lbs! I couldn't believe my eyes! *I would look in the mirror and not recognize myself.*

I was overweight, unhealthy, and constantly battling a host of illnesses. I hated myself for my apparent lack of willpower and felt like a total and utter failure in every sense of the word. Life was not great, and I realized that I needed something that would help me.

But, at nearly 200 lbs, I found diets that promised a weight loss of one pound per week discouraging.

I didn't want to spend another year not losing weight. I didn't want to repeat my pattern of starting a diet, only to fall off the wagon because I felt weak, grumpy, and discouraged with the slow results. *Why struggle with something if the struggle has never yielded lasting results?*

I wanted something easy, fast, and effective. I wanted to sort out this excess weight and ill health once and for all, and as quickly as possible. I know that in many people's minds, this was not the right attitude, but it was for me. After years and years of dieting, I had had it!

The Key That Unlocked My Personal Prison

Then I came across juice fasting. It promised a way to lose weight quickly and effectively, while nurturing and repairing my body - all at once. It promised to clean my body so that I could start fresh. It promised to give me a new lease on life with a new body to match. It even promised to help fix my allergies and my low energy levels.

I almost couldn't believe what I was reading! But hoping that I could soon be the healthy, happy person I had always sensed I could be spurred me on, and I gave it a try.

★ **Well, juice fasting exceeded my wildest dreams!**

In the beginning, I lost approximately 1-2 lbs per day. Years of fat and frustration started to melt off of me. After decades of defeat and self-despair, it was so much fun to watch my body transform before my eyes.

Also, I quickly noticed that my hair was thicker, my skin was radiant and all of my allergies and even my asthma had either cleared up or improved. I knew I was onto something good!

The most profound thing for me - the thing that turned my life around - was that through juice fasting, **my addiction to food and comfort eating was broken!**

From my first juice fast forward, I noticed a profound shift in both my body and my soul. All of a sudden, *food did not hold the same power* for me.

I felt less like a prisoner to my moods and cravings than ever before, and more like the boss of my own life. I felt healthy and happy, and I wanted to stay that way. Making healthy food choices was much easier when I had a lighter, brighter body to motivate me.

The Starting Point to a Healthy Journey

That's not to say that I didn't eat junk food ever again, or that every single fast was a study in perfection.

I still had my ups and downs, but over a relatively short period of time I noticed that I had found freedom with eating and weight loss where before there had only been pain. *It was like being let out of prison after years without sunlight!*

And so began my journey to freedom, of which juice fasting was the starting point.

In the years since my first juice fast, I have kept off my initial weight loss fairly effortlessly, and I have also explored many avenues of health and healing - all of them being extremely useful.

I've integrated many new healthy habits and eating practices since then, but juice fasting is the one tool I keep on coming back to. Why?

★ **Because it's simple, it's fun and IT WORKS.**

This is my secret to achieving enduring health and weight loss success. I hope you have as much fun with it as I am having!

HOW TO USE THIS BOOK

This ebook is different from other juice fasting guides. In addition to teaching you the basics of juice fasting and how to do it, it will also give you the practical and emotional tools you need to actually succeed in your juice fast.

Breakthrough Juice Fasting is divided into four sections covering juice fasting theory, preparation, tools to use during your fast, and suggestions for maintaining your results after your fast.

Each section is intended as a guide to both the theory and practice of juice fasting, and to help you work out what will be the best methods for you.

I recommend that you read this ebook in its entirety before commencing your fast. The reason for this will become evident as you explore the chapters.

It is important to prepare yourself both mentally and practically for this exciting journey, and **Breakthrough Juice Fasting** has been designed and written to help you do just that.

I've made references throughout the ebook to certain tools and products that I recommend based on the difference I've seen them make for both myself and other juice fasters under my guidance. In order to make things easy for you, I

have, wherever possible, included a link within the writing for you to learn more and purchase any such products if you wish.

If you have printed out this book and are reading it offline, you can easily access any of the recommended products by visiting the corresponding links within the text. I will also update this section regularly as I come across tools and products that I think will help you have a happier, easier fast. So check back often!

Please note, however, that other than a juicer and perhaps an intestinal cleaning kit (covered in Chapter 5), you don't NEED any of these products or suggested tools to conduct a successful juice fast. All that I had for my first juice fast was a juicer and some fruit. However, in looking back, I can see how that experience would have been much easier if I had known a few of the tips I'm going to share with you here.

So, browse the tools and products that I have mentioned and purchase them only if you think they will help you succeed. Also know that a generous portion of all affiliate commissions is donated to the WSPCA to help animals in need. The rest is funneled back into Cleanse With Kate so that we may continue our research and continue bringing you the latest, most cutting edge tools and techniques .

And now, welcome to your juice fast, your friend in regaining lost radiance .

. . .

Let us begin!

PART ONE:

THE ABC'S OF JUICE FASTING

CHAPTER 1: WHAT IS JUICE FASTING?

Simply put, juice fasting is a detoxification method where you abstain from eating all solid food, consuming raw fruit and vegetable juices in its place.

The purpose of this is to flood your body with nutrients while giving your body a much needed break from the continuous activity of digestion so that it can begin to cleanse, restore, and heal your body naturally.

It is a practice that has been used throughout the world and in many different cultures, often with startling and exciting results, as a vehicle for self-healing and alternative medicinal benefits.

Simply put, juice fasting allows you to get out of your body's way and let it do what it does best: THRIVE!

HOW AND WHY JUICE FASTING WORKS

The body has a built-in housekeeping mechanism that, when given the opportunity, goes to work creating and maintaining a healthy environment! By consuming mega amounts of nutrition in liquid form, you free up an incredible amount of your body's energy that would otherwise be used for digestion.

Since fresh juice does not require energy from the body to process, the body can focus all of its energy on cleansing and regeneration. This is what it automatically begins to do, whenever it gets the chance. You see,

★ **Your body wants to be healthy.**
You were designed to maintain an optimal state.

Isn't that cool?!?! All you have to do is let your body get on with the business of becoming healthy again. What great news, and what an amazing machine your body is!

Ironically, there is nothing you need to DO in order to “fix” yourself. Instead, it's about what you need to STOP doing! By combining periods of rest with juice fasting, you can allow your body to get on with its favorite work: REJUVENATION!

WHY DO WE NEED TO CLEANSE?

There are as many motivations for juicing as there are types of juices. The most common reason for fasting is to take a break from a lifestyle filled with pollutants and excess, in order to detoxify completely and restore the body's natural vitality.

Much like a car's oil filter needs to be changed regularly, we need to cleanse ourselves of all the bad stuff we've absorbed in order to keep our bodies running at an optimal status.

Regular and effective juice fasting can take care of this problem and proactively deal with a host of other ailments from excess weight to flatulence, viral infections, and even chronic diseases.

How We Got Into This Mess

Your cells, like sponges, absorb everything that makes contact with them, including everything you eat, drink, breathe, and use externally on your skin.

Even the quality of water you shower with and the types of lotions or makeup you use affect your cells because your skin absorbs everything it comes into contact with.

Once absorbed, a healthy body will eliminate anything it doesn't need and continue building healthy cells. If your body is busy or overloaded, it will store these substances in your cells until there is an opportunity to clean house.

But if it never gets a chance to clean house, the toxicity in your cells will build up. This is not healthy.

Built-up toxicity contributes to common modern day ailments such as fatigue, poor skin, poor immunity, poor digestion, general sluggishness, and almost every disease imaginable because an unhealthy body cannot fight against incoming infections or internal disease. In fact, if your body is toxic, it is nearly impossible

to stay healthy, and it's certainly more difficult to heal once you do develop something unpleasant.

Furthermore, a lifestyle and culture (such as ours in the Western World) that favors excess over moderation, results in a body that is overloaded, backlogged, and just plain drowning in too much food, drink and other imbalances to deal with food efficiently. The body can't process what is coming into it effectively, because it is too busy trying to deal with the backlog of past over indulgences.

This means that most of us are not getting the optimum amount of energy from the good foods we do eat.

★ **Instead, we're piling on the toxins
and not giving our bodies the chance to deal with them effectively.**

So, toxic overload and lack of quality foods are the reasons why, although in the Western world we eat more than we ever have in history, many people are actually suffering from malnutrition!

Some signs of being malnourished include feeling weak or tired, lack of energy, difficulty sleeping, trouble with weight (loss or gain), inability to concentrate, oily or dry skin, twitches, water retention, moodiness, hair loss, brittle nails and much more. Are you experiencing any of the above symptoms?

If so, cleansing will help you address these problems, plus many other areas of concern – such as lack of energy and problem skin – by not only cleaning out your system, but by proactively helping your body to begin creating healthy cells again.

We are so used to devitalized, denatured foods that our bodies are crying out for real energy. And if we do not get enough real energy and nutrition from our diet, we will start to look denatured and devitalized ourselves. (Think dark circles, cellulite, and dull looking skin.)

If you want to lighten your body you must lighten your cells and what's being stored in them. ***Juice fasting is perfect for this.***

By going on a juice fast you will not only be taking care of the immediate needs for detoxification, but you will also be setting your body up for sustained and continued health, as it will now be better equipped to deal with everyday eating and lifestyle influences. In short, juice fasting is a simple answer to a complex problem.

WHEN SHOULD YOU NOT FAST?

Juice fasting can mend most, if not all, diseases or health conditions. This is because the elimination of toxins and speed-up of cell regeneration brings your body back to its optimum, 'fighting-fit' state. It can now deal with life as effectively as it was originally designed to.

There are a few conditions, however, that need special attention. If you suffer, or have suffered, from any of the below conditions, then I strongly advise you to contact either myself or a certified practitioner to coach you through this. You should also consult your doctor or primary care giver to make sure you're taking the necessary precautions your body requires to ensure a safe and effective cleansing experience.

This will not only help you get the maximum benefit from your juice fast for dealing with these conditions, but will also make sure that you do so safely and with no adverse effect to your health.

Conditions that rule out fasting:

Heart Failure
Tuberculosis

Liver Failure
Low Blood Pressure

Kidney Failure
Malnutrition

Conditions that require special consideration and professional supervision are:

Diabetes
Anemia
Impaired Immunity
Asthma

Hypoglycemia
Cancer
Epilepsy
Any Terminal Illness

Eating Disorders
Ulcerative Colitis
Peptic Ulcers

Because fasting can change the way that prescription drugs react with your body, you should consult your doctor beforehand if you are taking any prescription medication. Under no circumstances should you stop taking prescriptions without your doctor's supervision or consent.

Also, if you're pregnant or nursing, don't fast until after your child is fully weaned and you are getting regular sleep again. Fasting is also not recommended immediately before or after surgery unless it is properly supervised.

If you're in any doubt about any of the above, feel free to email me at kate@breakthroughfasting.com or touch base with your doctor to double check.

Juice fasting is not dangerous, but you do need to be responsible about it. You're looking to help and heal your body here, not to harm it in any way. So make sure to play it safe and consult a professional if you have any reason to believe that you should not conduct an unsupervised fast.

CHAPTER 2: THE PHYSIOLOGICAL EFFECTS OF JUICE FASTING.

So, let's get into the nuts and bolts of it. What exactly does juice fasting do to affect these changes in your body?

In order to have a complete understanding of this, we must first talk about digestion.

DIGESTION: WHAT IS IT?

Simply put, digestion is the process by which the body breaks down food into smaller components that can be absorbed by the blood stream.

This process of breaking down our food takes about 70% of the energy available to the body. Seventy percent – that's a whole lot of energy! This can even sometimes be more, depending on the types of food you eat.

The body likes to work. When we give it a vacation from solid food, the body converts **from survival to revival mode**. It begins a process that metabolizes (breaks down or burns up) the debris that's been impacted in our cells and is preventing them from functioning optimally.

Eliminate the need for digestion, and you make available a whopping 70% of extra energy. All this freed up energy will then go to work scrubbing your body clean.

You can now see how beneficial it would be to give the body a rest from digestion altogether.

As I mentioned before, you don't have to DO anything to experience impeccable health and vitality; instead you have to STOP doing, so that your body can get on with performing its job.

THE MAGIC OF JUICE

Fresh juices from raw fruits and vegetables contain the most concentrated source of vitamins, minerals, enzymes and coenzymes on the planet, in a readily available form.

These will be the little helpers that aid the cells in doing their cleaning. Picture tiny little scrub brushes scouring your cells until they're sparkling clean – a phenomenon that can only happen when we give the body a rest from digestion and free up otherwise compromised energy.

And, it doesn't stop here. In our juice fast, we're going to assist our little cleansers by providing them with an abundance of the elements needed to assist them in breaking down debris. This brings us to assimilation.

IT'S ALL ABOUT ASSIMILATION

Juices provide nutrition in its most available form. By breaking down the fibrous cell wall of the plant to release its magical nutrients through juicing, it's almost as if we're injecting a shot of mega nutrition straight into our blood. This gives our body all it needs to perform its much-needed cleanse.

Drinking fresh juice enables us to receive much more benefit than eating the fruit or vegetable alone. With juice, the nutrition is instantly available to our body.

This is because most of the nutritional magic is trapped inside the fiber of the plant. By removing that fiber, you are able to absorb much more nutrition than you would be able to by simply eating the plant. And your body doesn't have to work for it, which saves all that precious energy for even greater cleansing.

This is why it is so important to chew our food, as chewing provides the same action as a juicer. The purpose of "masticating", or chewing, is to break down the cell wall to release nutrition.

Our lives, however, are so fast paced that we forget to slow down and chew our food. Juicing provides a convenient solution to this. (Of course, chewing better is a good long-term habit to adopt as well!)

Hold the Stuffing!

It's no wonder that we need a nap after a giant Thanksgiving dinner . . . No, it's not tryptophan! Tryptophan is just one of many amino acids available in ALL meats and protein sources. In fact tryptophan is only most effective for inducing sleep on an empty stomach! (So Thanksgiving dinner clearly does not apply!)

The real reason we lean back in our chairs, unable to move, and vowing never to eat again, is because we're forcing our bodies to work overtime cleaning up this mess we've just created.

And since the body likes to please, it goes into overdrive working at max capacity and leaves us with very little energy to keep our eyes open during the Thanksgiving football game or the Christmas afternoon film. Your system literally shuts down whatever it can so that it can direct its attention to your stomach. Hopefully this will show you just how much energy digestion can take. And although it is a natural, and vital, process of your body, it can certainly help to give yours a break from time to time.

THE BENEFITS OF JUICE FASTING

The fact that you were drawn to this ebook probably means that you're already aware that you could benefit from juice fasting.

But just in case you need further motivation, here is a list of ailments commonly caused, or at least contributed to, by high levels of toxicity that can easily be dealt with or eliminated by juice fasting:

- Skin rashes including eczema
- Acne
- Foul smelling breath
- Yeast infections
- Cellulite
- Swollen glands
- Unpleasant body odor
- Lack of energy
- Lack of sex drive

- Constipation
- Allergies
- Flatulence
- Acid reflux
- Light headedness
- Digestive problems
- Dry skin
- Brittle nails
- Dry mouth
- Trouble sleeping or difficulty waking
- Depression
- Mood swings
- Addiction

While this guide is aimed primarily at home users wishing to detoxify and shed their unwanted pounds, and does not seek to treat, diagnose or heal any of the above ailments, you will certainly find relief from most of them if you do a juice fast properly.

For more serious conditions, such as depression and addictions, I strongly recommend that you consult a licensed juice fast practitioner to guide you on a custom-made plan.

Bottom line? Look in the mirror. Do you like what you see? Do you feel healthy and vibrant, light and free? If not, juice fasting will almost certainly provide the answer.

JUICE FASTING & WEIGHT LOSS

Many of you are reading this ebook because you want to lose excess weight, and you want to lose it fast. Weight loss certainly is one of the most fantastic benefits of juice fasting, and here's why:

When toxins enter an overloaded body, they are stored in the fat cells as a protective measure against anything that may harm the cells.

Your body needs this fat in order to protect itself from the potentially harmful toxins it is collecting through a stressful and overindulgent lifestyle.



**This makes all attempts at weight loss difficult,
if not impossible.**

In addition to locking the toxins away, these fat cells are actually saving your life! This is because **fat buffers acid**.

In order to survive, your body has to maintain a balanced pH level. All toxins are acidic to your body.

One way that your body combats excess acid is to store fat, a highly alkaline substance, which helps to maintain the required equilibrium. If it didn't do this, your body's pH level would eventually become so disturbed that normal functioning would be impossible and your system would slowly shut down and die.

It merits repeating, **your fat cells are actually saving your life!** They both store harmful toxins and act as an emergency stabilizer in an overly acidic system.

What's the Solution? Enter Alkalinity!

So, how do we address this state of fat-wrapped toxicity? Enter the opposite - alkalinity!

If fat cells are nothing but lifesaving parcels of excess substances, toxins and buffering agents, it follows then, that once you remove the toxins and excess acid from your system, your body will have no reason to hold on to excess weight.

Couple this with the cleaning out of other trapped toxins on a cellular level, and you've got a power prescription for the body of your dreams!

The most alkaline foods consumable on the planet are also the ones that encourage the cells to release the toxins and reveal a brighter, better you.

Yes, you guessed it: fresh, raw fruit and vegetables of course!

And by harnessing the natural magic of these nutritional wonders through the simple process of juicing, you can say goodbye to acids and fat and hello to a youthful body that is full of vibrant energy!

In her book, [The Juice Fasting Bible](#), Dr. Sandra Cabots, M.D. says,

"As a juice faster myself, and as a medical doctor who has prescribed and administered juice fasts to countless others, I have found absolutely nothing in either conventional or holistic medicine that can compare to raw juice fasting for ridding an unhealthy body of years of accumulated toxins, and for encouraging your unwanted pounds to melt away like that popsicle on a sizzling summers day."

Need I say more? You would not embark on the road trip of your dreams without first changing the oil and tuning up your car. So, why not give your body a complete overhaul and tune up in preparation for living your best life ever?

Why do common diets fail?

Most diets train you to starve your body before loading it with acidic substances, instead of cleaning out the toxins first.

Take the Atkins Diet for example, which restricts even the amount of vegetables you can eat (the most cleansing foods on the planet!). What the diet instructs instead is to load your body full of calories laden with toxins that will actually encourage more fat cells in the long run because there will be more toxins to deal with.

And, if you loose any weight at all, you will likely regain it back pretty quickly because the primary cause of your overweight has not been addressed-- toxicity! From here on in, let it be known that the only cause of overweight is toxicity and over acidity!

How Much Weight Will You Lose?

As previously mentioned, one of the beautiful benefits of a juice fast is weight loss. It is not the entire point, and is actually more a side effect than anything else, but losing weight is what initially attracted me to trying juice fasting.

Ever since then, I've been slim, fit and healthy. So if weight loss is what you're after, weight loss is what you'll get - plus much, much more.

The average weight loss on a fast is one pound per day for the first 15-20 days, then half a pound a day after that. You may lose more than that, and generally the more weight you need to lose, the faster it comes off (sometimes more than 2 pounds per day). Everyone is different, but I have rarely heard of people losing less.

Toss Your Scale!

Please don't obsess over the numbers on your bathroom scale. And remember that how much you weigh is not the point. By cleansing your body you will naturally weigh less, but what is even more valuable is that you will become healthier and happier, which you won't need a scale to confirm!

So, I suggest tossing it once and for all. If you've struggled with weight this can be an extremely therapeutic and symbolic act, signifying your commitment to honoring your body instead of punishing it.

And that's what's interesting about this. When we stop judging our bodies and punishing them for not living up to some arbitrary numerical standard, they start responding back with love. They begin to function better, have more energy, and support us in being our most radiant selves. Now that's perfection!

Thin for Life?

One concern you might have is whether you will be able to keep the newly lost weight off. My personal experience says: YES, YOU WILL!

But this does depend on how you eat when you begin consuming solid foods again. If you listen to what your body tells you and honor it by feeding it those foods, you will maintain your new weight and health.

Again, you may be surprised to find that your body wants something totally different than your thinking mind. Often after a juice fast, you will feel a renewed interest in genuinely healthy foods.

Also, for many people, the strong ties to comfort eating and certain food addictions is weakened or broken. So you should find it easier to eat more wisely after your juice fast, provided you approach it with the right heart and mind.

As for water retention, this varies from person to person. But if you are retaining water, a juice fast will eliminate the problem at its very core.

You Will Lose More Than You Think!

It's good to note that the weight loss will be most dramatic in the first three days. During this time your colon and intestines will be emptying and you'll usually lose about 5 lbs of matter. Once you begin eating again, there will once again be solid food moving through your intestines so you will find that you'll regain roughly 5 lbs after the fast. This is completely natural and does not represent fat or water weight. It's simply solid food in transit, and is yet another example of how little the actual numbers on the scale really have to do with it at all!

Very Important Point: **Juice Fasting is Not a Crash Diet!**

Yes, you will be consuming drastically fewer calories, and because of this you will most probably lose a fair amount of weight quite quickly.

However, the difference between this and a crash diet is that *juice fasting is good for you!*

Conduct a juice fast properly, and you will actually be helping and healing your body, not harming or punishing it, as is the case with so many crash diets.

Also, unlike a crash diet, juice fasting should not feel restrictive. It should feel abundant! There is no limit to how much delicious, refreshing juice you can drink.

You will indeed be restricting calories while juice fasting. This combined with the opportunity to break down unwanted fat stores when your body realizes that it will

not be receiving solid foods for a while, will certainly help you lose unwanted pounds.

But you need to look at this from a different angle. Juice fasting is about increasing your health, not just decreasing your weight.

While a crash diet is designed to literally starve the fat off your body, juice fasting is about feeding your cells with the nutrients they need to effectively cleanse and heal the excess weight out of your system.

If you do it properly and responsibly, you will certainly feel the difference. Through feeding your body liquid nutrition and giving it a chance to take a rest from everyday digestion, you give your body a chance to clear the backlog of ailments that have arisen from your unhealthy diet and/or stressful lifestyle.

Don't use it as a quick fix, although it certainly does work quickly, but rather think of juice fasting as a tool that you can build into your life, as often or as seldom as you wish, for lasting and ongoing improvement and vitality.

WHAT ABOUT PROTEIN?

Protein is a substance vital to the human body, but what many people don't know is that protein is abundantly available in fruits and vegetables.

Here's a list of just some of the fruits and vegetables that contain protein, taken from the USDA Handbook No. 456, *Nutritive Value of American Foods in Common Units*.

- * Spinach, 49 %
- * Broccoli, 45 %
- * Lettuce, 35 %
- * Cabbage, 22 %
- * Lemons, 16 %
- * Oranges, 8%
- * Watermelon, 8%
- * Grapes, 8%

Granted, you need to eat substantially larger portions of these foods to get decent amounts of protein, but these portions won't harm you in any way. Conversely, eating too much meat, animal fats, and other hard proteins can have detrimental effects on your health.

So as a general rule when not fasting, go easy on the hard stuff and fill your plate with as much fruits and vegetables as possible!

For the purposes of fasting, remember that this is a temporary state and that you will be providing your body with huge amounts of nutrients, including some protein, the whole time. So for the short period that your body is cleansing, you do not have to worry unduly about eating too little protein. Your body will be just fine.

Will juice fasting slow or wreck your metabolism?

It is true that your metabolism will slow a little, but you can expect to lose one pound a day on a juice fast regardless. A clogged, toxic body is the true cause of weight gain way more so than a sluggish metabolism, and in fact contributes to it. So it makes sense to clean out your body and cells, which will in turn free up and jump-start your metabolism!

Once clean, the body is much more able to burn food for fuel instead of storing it as fat. It's like a giant tune up for your entire system!

A NOTE ON BLOOD SUGAR

The key to maintaining a healthy blood sugar level is to eat little and often, and to concentrate on healthy, low Glycemic Index foods.

With regards to juicing, this means that you should drink both juice and water regularly throughout the day and focus more on juices that are low in sugar. Although the sugars in fresh raw juices are nothing to worry about compared to sodas and cakes, it is still wise to pay attention to how you feel on different juices. Adjust accordingly, and make sure to drink plenty of purified water to aid your body in maintaining its equilibrium while flushing out toxins.

There are also some additional measures you can take to encourage stable blood sugar while fasting. Read on.

Blood Level Stabilizers

Green vegetables are high in protein, so to aim to include as many of these as you can in your juice fast, or add a green powder supplement, such as [Revitaphi](#)

from one of my favorite companies, [Elements for Life](#), to ensure you're getting enough.

Juice from green leafy vegetable is especially good for stabilizing blood sugar. You can even eliminate fruit juices entirely and fast on straight vegetable juice.

I've done this many times and it's incredible how sensitive to sugar your palate becomes! I even noticed at one point that water tasted sweet!

You can add a dash of cinnamon, which actually slows the uptake rate of your food and also has the added benefit of encouraging a healthy metabolism.

Alternatively, some beneficial protein supplements, such as [blue green algae](#), are incredibly powerful, and will make your fasting experience even more powerful.

The most incredible superfood supplements in my broad experience, including the ones mentioned above, are from [Elements for Life](#). You can find more information on why they are superior to other brands by clicking [here](#), or visiting www.noblelifeelements.com/thejuicypeach.

PHYSICAL RADIANCE

What is it about fresh raw juices that make them so beneficial? Well, in addition to being powerhouses of nutrition, raw juices have one thing that all cooked food lacks: fresh, energetic enzymes.

Enzymes are the catalysts for the trillions of chemical functions that go on in the body. They create energy on a cellular level and are also the boosting supplements that will help give your body the energy and magic it needs to perform a complete and proper cleanse.

Enzymes are crucial to your well being, on a long-term basis, ESPECIALLY while trying to overhaul and retune your system.

These super little substances are what make for a vital, optimized, healthy and happy body. They are the building blocks of healthy cells – and along with good sources of protein and amino acids are what will give your juice fast the extra edge in detoxifying your system.

Unfortunately, many modern diets are severely lacking in enzymes. Thank goodness for juice – namely, fresh, raw, fruit and vegetable juice, packed with these little fireballs of vitality.

The vitamins, minerals, enzymes and antioxidants found in natural fruits and vegetable juices have been linked time and again to healthy skin, nails and teeth. They are also effective in giving protection against cancer (in some cases juice fasting has been attributed to healing it), increasing metabolism, settling digestive problems, and increasing immunity.

Juicing will not only inject huge amounts of these essential nutrients into your body, but will also hopefully engender in you a preference for them in future, which will of course help you tremendously in everything!

HELPING YOU RECONNECT WITH YOURSELF

One of the great modern-day complaints is lack of time, and a sense of always being rushed. In a society obsessed with doing, doing, doing, we are trained away from just simply BEING.

This 'being' is the foundation of who we are, and ignoring it disconnects us from ourselves.

Furthermore, when we are too busy 'doing', we lose touch with that knowing part of ourselves - that inner direction we all need in order to feel fulfilled, which can only be revealed through stillness. Most of us are severely disconnected from that.

This is not only bad for our physical health, but can also have an adverse effect on our spiritual and emotional well being by causing us to ignore our own inner voice and guidance.

It doesn't take a rocket scientist to work out that being continually stressed out and disconnected from one's self can contribute to, or exacerbate, problems such as depression, compulsive behaviors, and passive-aggressive tendencies.

When we are still, we reconnect with ourselves and are at our most powerful, because it is then that we can adequately reflect and hear our authentic Inner Voice. This voice rises out of consciousness and is what shows us the way forward in life. Call it instinct, intuition, or inspiration, this inner voice is what helps us accomplish and live up to our dreams.

Juice fasting provides us an opportunity to slow down and listen to our body's cues. It removes your 'eating autopilot' and inserts a bit of space between stimulus and response, giving you more awareness over your predominant thoughts about food and eating in order that you may better choose your actions in future.

The extra time offered from not having to cook and clean up after your meals will give you valuable time to pause and reflect; as will the natural feeling of space and cleanliness that comes with a detoxification fast.

During your juice fast you may discover patterns in your life that aren't serving you. You may choose to change them or not, but gaining awareness is the key to having conscious control over your life.

So, use this time and opportunity to notice the things in your life that need attention or that are not helping you towards your personal goals. You'll be a happier, healthier, more connected person for it!

CHAPTER 3: WHAT TO EXPECT FROM YOUR FAST

During your fast, you will be introducing your body to a brand new horizon of health and wellness. You will be raising the bar and allowing your body to restore its natural brilliance. It's only normal that, during this time, you will experience some new things as your body gets adjusted to your new optimum way of living.

In order to prepare you for this, I've compiled a short list of the main experiences to expect during your fast and how best to handle them.

HUNGER

It's normal to be hungry for the first few days of fasting. But beyond that, your hunger should more or less disappear.

What happens is that your brain appestat monitor (which is the area of your brain that regulates appetite) shuts off when you are not digesting anymore. This is a good sign that your body has gone into deep cleansing mode.

This usually happens on about day three, and is nothing to worry about. Remember, your metabolism will bounce back!

Fasting is something your body wants to do, and was designed to do it in order to clean house. Once it gets the hint after the first few days that it is fasting, and not starving, it will begin to discriminately metabolize the waste matter in your system and get down to the fabulous business of cleansing and restoring YOU!

Please Note: If you're on a modified fast, where you're having anything other than liquid, you will be hungrier as your body won't entirely go into cleanse-and-

break-down-all-available-waste mode. This is perfectly okay – your body will still benefit from the cleansing it does get done.

In these instances, it's definitely a good idea to increase the amount of juice and drink whenever you feel hunger.

Don't let your body think for a moment that you are starving it. Juice fasting is all about flooding yourself with nutrients and taking a break from digestion in order to cleanse, NOT about cutting down on calories. So drink as much juice as you can take!

CLEANSING REACTIONS

During fasting, some people experience what are commonly called 'cleansing reactions'. Another accurate term for these would be 'side effects'. These side effects are actually healthy and worthwhile, and a good sign that your juice fast is working!

The most common detoxification symptoms include headaches, irritability, skin breakouts, tiredness, and bad breath. Or, you might feel like you've got a mild hangover or even show flu-like symptoms for a short time. These symptoms are caused by the waste matter and toxins making their way out of your system, and should clear up within three or four days.

Remember that everything you've taken into your body in your entire life must be either assimilated or eliminated. Some toxins have been locked inside of you for quite some time and as a result have become hardened and ingrained. Your body needs to break down and eliminate these substances, so it might well feel a little uncomfortable.

If you allow the process to continue – if you just let the cleansing reactions wash out of you – soon you will begin to feel better and healthier than you have in a very long time, and possibly ever!

If, though, your cleansing reaction symptoms persist beyond three or four days, and you suspect you might actually be getting ill, please get in touch with a qualified juice fasting practitioner or your doctor.

Explain the nature of your juice fast and get medically checked to make sure that you're not dealing with something else that is unrelated to fasting. You can then return to your juice fast under advisement.

Options for Dealing with Cleansing Reactions

Most cleansing reactions, as explained, will pass quickly. But, if you really feel you can't go on, it may be wise to slow the cleansing process down a bit, thus slowing the reactions.

This will not stop your body from conducting a proper cleanse. It will just decrease the intensity of it. If you are doing a short fast, this might mean that your cleanse will not be as deep as it could be, but it is better to work with your body rather than against it. Go with what you feel is right for you.

Also keep in mind that slowing down your cleanse might cause the symptoms to persist a little longer, though they will be less severe. For instance, if you're doing a modified fast, you might find that you have a stuffy head and are irritable for more than three days. Just pay careful attention, and follow your instincts on what would be most nurturing for your body.

Remember, this is all about restoring your health for the long term. There is no race to the finish line. Getting somewhere quickly is not the goal. Rapid weight loss is a natural bi-product for both straight and modified fasts; however, the goal is to nurture yourself with fresh, clean vitamins and to take break from digestions in order to give your body the chance to repair itself.

So pay attention to what your body is telling you and, if you feel you need it, make use of any helpful, healthy moderations that will serve you.

If you decide that you would like to slow down your cleanse, then try having some fruit or lightly steamed vegetables. Or, do a smoothie. Blend a banana into your juice, or mix in some [green powder](#) or ground flax seeds. You can even eat a salad if you're craving something solid. There is no pressure to stick to anything perfectly here.

The beauty of fasting this way - in alignment with yourself rather than against yourself - is that while a fit and fully tuned body awaits you, you're not looking for a quick fix. This means you can moderate the fast according to your preferences, needs, and circumstances.

If you have the option of retreating to a private island for two weeks, then you may be able to fast for two weeks uninterrupted. However, if you live in a bustling city and can't take off from working 12-hour days, then feel free to moderate. Everybody is different in what they can or are willing to handle. Even if a modified juice fast will still allow you to experience amazing results.

EMOTIONAL UPHEAVAL

Because we often turn to food to manage stress and emotions, it follows that taking food away may cause those feelings to emerge or at least become more pronounced.

This is a positive thing, as it will give you a chance to deal with some residual feelings and remove them from your life just as you are removing toxins from your body.

Food, especially carbohydrates and sugars, has a numbing effect on the mind and body. Certainly, many compulsive overeaters report that overeating makes them feel numb and drowsy.

By taking away that effect, but still providing your body with enough nutrients to cleanse and restore itself, juice fasting is a wonderful opportunity for you to notice and release some of the emotions that have been keeping you stuck.

Just as your body is doing a physical spring cleaning, let your spirit do a bit of emotional spring cleaning as well.

During your juice fast, expect yourself to be a bit more emotional than normal. Some of these emotions will be fast-related, a normal cleansing reaction of clearing all the junk out of your body. At other times, old emotions will push themselves to the surface because you have taken a break from suppressing them with your normal, everyday life and routine.

A fast-related emotion will generally feel out of the ordinary – something you wouldn't feel on a day-to-day basis. For instance, you might find yourself becoming unusually tearful or negative.

If this is the case, and the emotions coming up are not obviously related to anything specific, you can just be aware of this, and know that it will pass.

If, however, you notice feelings coming up that are connected to unresolved areas in your life, go with it and re-examine anything that you feel drawn to.

Some people report that as they release toxins they experience old emotions from the past. This is explained by the theory that emotions are patterns of energy – energy that can become trapped in the body. A fast will help release this old trapped energy, making way for fresh, new emotional balance.

On the flip side, you may also experience heightened happiness and states of euphoria as the fast progresses and as you remove toxins. Just as a glass of muddy water becomes vibrant and clear when the dirt is filtered out, so too will

your mood and emotions feel uplifted as your body filters out both the negative trapped emotions of the past and the toxins from your cells.

Note: the key here is not to struggle. You do not need to fix yourself and the world all in one go. Just take it a day at a time and work only as deeply as you feel inspired to on any old feelings and emotions that come up.

Also, be weary of effecting any huge life changes during a fast. Your emotions will be naturally heightened and more urgent by your body re-sensitizing itself, but may not be true reflections of what you need and want. Wait until you're eating normally again before you do anything significant in terms of reshaping your life.

Dealing with Emotional Upheaval

Often we fear emotions because we associate them with pain. But at a primordial level, emotions are neither good nor bad, but instead, simply energy moving through us. Actually, the word 'emotion' means just that: energy in motion!

By treating your emotions as energy and addressing them as they arise, you will release yourself from the power that any past and present feelings have over you.

The best thing to do when you notice emotions coming up intensely is to just watch them. Don't try to figure out where they are coming from unless it is immediately obvious – and even then, resist the urge to get drawn into the story attached to the feelings. Instead, stop and notice what you are feeling, and allow yourself to experience it without judging whether it is good or bad. Then let go of the feeling and allow it to flow through you.

Like the toxins clogging your body, all emotions are looking for a way out. And until you release them, they will continue to add heaviness to your life.

By being aware of your feelings without pushing against or becoming attached to them, you allow them to resolve themselves. This ensures that emotions don't get stuck and, that you won't keep experiencing the same thing over and over.

Don't try to make negative emotions go away, as this will only push them back down to reemerge at a later date.

If, however, you feel that there are areas of your emotional life that are holding you back or causing you ongoing pain, there are certain techniques you can employ to help you move back to a place of freely flowing emotions. A number of these are covered in the next section where you will be equipped with tools that will help you get the best from both your juice fast and your life thereafter.

ENERGY FLUX

Another thing you will notice during your fast is a bit of energy flux. Generally, the first few days will be an adjustment.

Many people feel a drop in energy and in mood during the first few days, and you will also probably want to sleep during the day at first. If at all possible... do. In fact, many people who work full time find it helpful to begin their fast on a weekend.

You will find, after a few days, that your energy levels are soaring, and this is fantastic! Have fun with your newly amassed energy. Perhaps do something creative, but try not to overdo it. Give your body the time and space it needs to finish the cleansing thoroughly.

After the first three days of a straight juice fast, when the hunger mechanism shuts off and your body goes into full cleanse mode, your energy and mood will almost always go up!

If you're on a moderated fast, you will notice a distinct improvement after the first three days, but you might still experience hunger pangs and a bit of energy flux thereafter.

Get Enough Rest

Getting enough rest during your fast is crucial, because this is when your body will do its most intense cleansing and regenerating.

When you are taking it easy, your body can up the ante even more and concentrate all its resources on maximizing the wonderful opportunity that you've given it by juice fasting.

Getting enough rest will also help you to deal with the energy flux that you'll be experiencing. It will give your body a chance to balance out and find an equilibrium between intense inner cleansing and essential everyday functioning. You'll also find that the more you rest, the less grumpy you'll be as fast-related reactions work their way through you.

So make it a priority to get a full night's sleep every night during your juice fast. This is not a time to be burning the midnight oil with late night movies, events or projects. Try, whenever possible, to get to bed a little earlier than usual, and give yourself the gift of proper restoration.

PART TWO:

BREAKTHROUGH JUICE FASTING PREP

CHAPTER 4: PREPARING FOR YOUR FAST

In order to complete a successful fast, it is extremely wise to plan it first. This way, you will be more likely to take your juice fast to its completion, and you'll feel good about having achieved your goal of creating a lighter and brighter you.

The smart way to juice fast is to work with yourself and not against yourself. Instead of white-knuckling your way through a juice fast, and potentially undoing any good by drastically rebelling the moment your level of resolve drops, align with your intention and reasons for juice fasting. Then, work in harmony with your body and mind rhythms to experience the inner and outer transformation that you seek.

The power of fasting lies in its simplicity, but a little bit of initial resolve is necessary to get started. Here are a few pointers to help you prepare both mentally and practically.

This is Meant to be Fun!

My first word of advice is to have fun with this. Juice fasting is not about deprivation, but about deep self-care and self-nurturing.

This is meant to be a very pleasant, uplifting experience. You are taking time out of your busy life to put yourself first and revamp your body so that it can be the best it can be.

You are NOT seeking to starve yourself in any way, shape or form, but rather should be concentrating on, and aiming to, FEED and NOURISH yourself with the magic of pure, raw fruit and vegetable juices!

So dispel any feelings of deprivation or sacrifice right now! Decide that this fast is going to be a happy, sensuous, and self-healing time, and make a promise to yourself to give to your body abundantly.

You are going to create and enjoy tasty juices that you love, and experience the benefits of a newly cleansed body. This is a great thing you're doing for yourself, so plan your fast as best you can, and get ready to bring in a whole new, healthier you!

HOW LONG SHOULD YOU FAST FOR?

The big question on most fasters' minds is how long they should fast for. Like everything else about **Breakthrough Juice Fasting**, this really is something that you need to tune into your own inner wisdom to figure out. Read on for some general advice.

The basic rule of thumb is that the cleaner you are, the longer you will be able to cleanse, and the easier your fast will be. Therefore, it is often a good idea to try a few single day fasts, building up to three, five, seven and 10-day fasts before tackling a longer one.

A one-day juice fast can be brilliant for breaking a downward spiral of overeating or stress, or for whenever you feel like your body needs a 'breather'. If you are fasting primarily to tune your body up for successful weight loss, then a longer fast of say five to 10 days might be just what you're looking for. And in juicing circles, 30-day straight fruit and vegetable juice fasts are often heralded as the 'magic bullet' for a total body transformation.

It really is your choice, and I would advise that instead of striving for a number, that you aim to fast as intuitively as possible. This is explained below.

Get Support

If you plan to fast for longer than 2 weeks, I strongly advise you to enlist the help and support of a juice fasting practitioner or experienced juice fasting 'buddy'.

This will not only help you stay motivated but also ensures that you are keeping healthy and on track by being accountable to someone who understands the process and can give you support and advice when the going gets tough.

If you don't know anyone like this, contact me at kate@breakthroughfasting.com and I will be delighted to support you in your transformation!

SET VS. INTUITIVE FASTING

There are two ways to go about determining the length of your juice fast. You can decide in advance how many days you would like to cleanse, or you can take it one day at a time.

Most people do the former, however there is a very specific reason why I recommend the latter. The reason is that you should want to eliminate 'will power' as much as possible.

When you have to muscle your way through something that you're not really aligned with, or feel 'forced' to do, there are almost always consequences. At the very least, it will be an unnecessary struggle.

Racing your way to the finish line, making a chore out of healing and cleansing your body, means going against your natural body wisdom. This is when you will likely reverse all the good you've done your body. If you force your body and mind to undergo something like a juice fast that it's not ready for, you may just find yourself rebelling and "pigging out" at the end of your fast!

Instead, of forcing your body to do something it's not ready or comfortable with, conduct an 'intuitive fast', or one that is in alignment with your current level of readiness. This way, you set yourself up for a much more pleasant experience – one where you can concentrate on staying aware and present throughout.

Begin your intuitive fast by committing to fast one day at a time. Start each day as if it is the first day of your fast and wait until you get into your bed that evening before evaluating whether to go on or not. If you decide to continue, then begin the next day in the same manner. If you decide to finish, then your next meal will be breakfast in the morning.

Always complete a full day of fasting – meaning, if you started with a fast that morning, then end with one for the last "meal" of the day. Only resume eating after you've allowed a gap of at least 6 or 8 hours (basically the hours that you'll spend asleep) between deciding to break the fast and eating your first semi-solid meal. This will ensure that you maintain self-control and end your fast on a high note, no matter how long or short its length.

THE DISCIPLINE OF EXPERIENCE

While fasting requires discipline, it's always crucial to listen to your intuition and your body. It will tell you when enough is enough or when to keep going.

This applies to both 'set' and 'intuitive' fasting. I recommend starting with an amount of time that seems easy and manageable to you. It could be one day, three days, or even a week.

Then, remain alert to your body's cues. You will soon learn to distinguish when your body wisdom is guiding you to continue or end your juice fast, or when this is simply your mind feeling uncomfortable at the thought of having no solid food for a while.

I'll remind you again: there is no race to the finish line here – in fact, quite the opposite. If you listen to your body's wisdom and honor your limitations, you will succeed.

Don't Force Yourself!

My first 30-day juice fast was excruciating. I hated almost every moment of it.

But I powered through and when I got to the other side I made up for all the cleansing I had accomplished ten-fold by stuffing myself so full of all things delicious (and clogging!) that I gained back all the weight I'd lost plus an extra 20 lbs!

If I had listened to my body day by day and responded to its needs, I would have probably gotten a lot healthier by stopping earlier and maintaining a clean diet.

I have since completed many 30-day and shorter fasts by taking the intuitive approach and have benefited greatly from each of them.

Hopefully this ebook will help you bypass my amateur's mistakes!

HOW OFTEN SHOULD YOU JUICE FAST?

Juice as often as you feel it is necessary. Juice fasting is so healthy that many people often do it for months at a time. This definitely would require supervision

at first, but with practice, and before you know it, you will be your own juice fasting expert.

Just listen to your body, never push it, and always make sure to drink plenty of the juicy stuff so that your body gets all the nutrients it needs. Also, always make sure to resume eating solid foods for a minimum of the amount of days you fasted for.

Juicing should be complimentary to a healthy lifestyle and should not replace good, healthy eating habits. Juice fasts are supposed to be used as temporary tune-ups along the road to health, similar to servicing a car. Remember, **juice fasting should NOT be used as a crutch for an unhappy relationship with food.**

Important: if you are using juice fasts to compensate for unhealthy eating, or are going on one long juice fast after another as a purging mechanism, then you are overdoing it and are not addressing the underlying problem, or cause, for your compulsive behavior.

If this becomes the case, then **get help from an expert who can guide you to a place of freedom and happiness with your body, and eating.** You may want to check out our course, entitled [Authentic Hunger](#), which addresses food addiction. Either way, you can always come back to juice fasting at a later stage.

Breakthrough Juice Fasting is all about uncovering your authentic self for a life of happiness and abundance! So if juice fasting is anything but this for you, please stop.

Is there a good time of the year to fast?

Fasting is wonderful any time of year, but spring is a particularly good time because your body will be following the natural rhythms of the planet and be gearing up to start fresh.

Summer is also good because the higher temperatures will mean that your body will naturally gravitate towards lighter, fresher fare. Plus, depending on where you live, a wider variety of fruits and vegetables is generally more available during the summer season.

But my personal philosophy on the best times to fast can be summed up in this quote by Napoleon Hill:

"Don't wait. The time will never be just right."

So, there is no time like the present to begin fasting and connecting with your purest self! Don't wait until the time is perfect... begin! A better and brighter body awaits you!

MODIFIED FASTS

There are certain instances where a modified fast might be more appropriate or feel more comfortable for you.

For example, if you have a stressful job or other challenging situation, then you might want to modify your fast. This way, you can still receive fantastic benefits, but are not taking yourself uncomfortably outside of your comfort zone.

Whatever works for you is the correct motto here. There are as many modifications to juice fasting as there are types of juices, and below is just a selection of the most common ones. Feel free to experiment and find the modifications that work best for you.

Blending Versus Juicing

One modification is to blend your juices instead of juicing them. The reason this is a modification to juice fasting is that with blending fruit, you consume the entire contents of the fruit, not just the extracted juice. Blending provides more fiber and slows down the cleansing process.

Many people have wonderful results feasting on blended smoothies. You'll want to have an excellent blender, such as a Vita-Mix, to make sure you get maximum nutrition out of your produce.

Blending still offers the same benefits as fasting, namely fresh enzymes and a break from hardcore digestion, but you will still be moving 'bulk' through your intestines as the fiber will not be strained out. This is a popular modification, especially for those of us who have heavy schedules.

Not Your Grandmother's Blender!

Vita-Mix blenders are the Cadillac's of blenders. The most powerful blender available, they are designed in such a way as to release the maximum amount of vitamins, minerals, and nutrition from the plant. Their laser-cut blades, unique container, and powerful motor work together to release hidden nutrition from whole foods. So, just like juicing, preparing food with your [Vita-Mix](#) enables you to get much more nutrition out of the plant and into your cells for that healthy buzz!

In fact, a study at the University of Toronto in 2008 found that Vita-Mix blenders actually disrupt plant cell wall structure and significantly reduce food particle size, which enhances the bioavailability of essential nutrients in fruits and vegetables. [Vita-Mix](#) blending significantly enhances nutrient intake from your fruits and vegetables. Plus they make life after fasting incredibly simple!

I love my [Vita-Mix](#)! It is the one kitchen appliance that I use multiple times a day, making everything from smoothies to nut butter to baby food for my friends little ones. I simply can't live without my [Vita-Mix](#) and I believe you'll have the same experience.

Click [here](#) or visit <http://breakthroughfasting.com/releasemorenutrients.html> for details on how to try one out for free.

Soup and Salad Meals

Some people feel they just can't live on juice alone, and that is okay. Remember, this is all about doing what is best and most comfortable for your body.

Feel free to substitute one or two juice meals a day with a bowl of pure vegetable soup and/or raw salads. While this would no longer strictly be called a juice fast, it will still allow you to clean house and experience most of the benefits of one.

Other Modifications

The following modifications can be used on an as-needed basis, or they can form part of your official juice fast plan:

- Soft fruits, such as sliced banana or avocado, every three to five hours
- Ground flax seed or hemp oil to your juices
- Addition of Superfoods, of which there are many.
(See <http://breakthroughfasting.com/elements.html> for more info)
- A dollop of raw honey or Agave nectar in your herbal teas throughout the day when you find yourself needing more energy

In fact, I highly recommend the last tip simply because adding a satisfying touch of natural sweetness to your herbal teas can give you a boost both physically and emotionally. Both raw honey and Agave nectar have many immune-boosting and disease-fighting properties. They are incredibly good for you, and including them in your fast will have no effect on your hunger mechanism.

Agave What?

If you've browsed the shelves of your local health food store lately you may have picked up this golden delight. And if not, then don't worry, it's not nearly as foreign as it seems.

Agave is the name of a group of large, succulent plants found in the warm regions of Mexico and the American Southwest. Agave plants have been used for many centuries as both a medicinal and nutritional gold mine, and are interestingly also the plants that yield the popular alcoholic spirit Tequila.

A low glycemic sweetener, Agave is ideal for diabetics or anyone with a low sugar intolerance.

To see just how sweet Agave can be, click here, or visit www.breakthroughfasting.com/agave

PREPARING YOUR KITCHEN & STOCKING YOUR FRIDGE

It is a good idea to prepare your kitchen for a juice fast. If everything is organized in advance, you are far more likely to stick with it, and you'll find the experience easier and more pleasant.

First, get rid of everything that might tempt you during your fast. You want to set yourself up for success by avoiding temptation as much as possible. If you live with people and cannot toss every unwanted thing out, then consider storing all the especially tempting foodstuffs in a separate cupboard and designating a shelf in the fridge as yours alone for the duration of your fast. You can then treat this cupboard and the other shelves in the fridge as little 'black boxes', which you will stay away from while you are heroically cleaning out each and every cell in your body.

If you are the person who usually prepares and serves meals in your family, then consider enlisting the help of your partner or children to cook and fend for themselves while you are juice fasting. Alternatively, you might prepare and freeze meals in advance for your family, so that you don't have to deal with food while you are not eating it.

If, however, you simply can't avoid having to prepare meals for others while you juice fast, then take an offensive strategy. Make yourself a large glass of your favorite kind of juice and keep it on hand to sip throughout the preparation of the meal. Get your family to taste test for themselves if necessary, and reward yourself with an indulgent bubble bath or some other type of quiet alone time later on.

Next, stock your refrigerator with all manner of colorful fruits and veggies. Go wild! Clean them and store them in your fridge, and keep giant bowls of fruit out where you can see them. Make this a feast for your eyes as well as your taste buds.

Become adventurous with your fruit and vegetable selections. So many of us stick to what we know when it comes to produce. Rather than buying your usual oranges, try blood oranges or tangerines. Have you ever sampled a pomegranate or persimmon? They're delicious! Whole Foods Market has over 200 varieties of fruits and vegetables. How many have you tried?

Finally, position your juicer conveniently on the counter, and make sure you're equipped with a good traveling mug for transporting your fresh juices on the go.

Importance of Organic

It goes without saying that when on a program to rid and detoxify your body of toxins, you'll want to avoid harmful substances that could be on your fruits and vegetables. Non-organic produce is mass-produced, unnaturally harvested, and treated with a range of pesticides and chemicals, all of which are poisonous. Yes, poisonous. You don't want them in your body.

Organic produce, on the other hand, is not sprayed with chemicals. It is harvested naturally and is regulated so that only natural fertilizers can be used. Although slightly more expensive than non-organic produce, you do get more bang for your buck in terms of nutrition. There have been numerous studies conducted which support this!

Buy organic produce whenever possible, and if not possible, carefully wash your fruits and vegetables to remove any chemicals or pesticides that still might be present. Peel all non-organic produce to further safeguard yourself. Choosing organic and washing your produce is also an essential practice to keep up after your juice fast ends.

If you're unable to get organic foods in your area, then make sure that you wash your produce well using a simple produce wash. Below is a recipe for one I use when I was forced to buy non-organic.

Homemade Produce Wash

This will remove most of the harmful chemicals. All you need is a spray bottle, one tablespoon of freshly squeezed lemon juice, 2 tablespoons vinegar, and 1-cup water. Put the ingredients in the spray bottle and shake well. Spritz on your produce, and rinse well!

Deciding on Recipes

I like to experiment in the kitchen for a few days before I begin my juice fast. This helps me settle on the juice recipes that feel the best to me each time around.

During the summer months, I like to have refreshing fruit juices on hand for my fast. Winter on the other hand, has my body craving more grounding vegetable

juices such as beet and/or kale. Interestingly, the earth knows which seasons to provide which types of vegetables in abundance for our bodies to benefit from and enjoy!

Additionally, I make it a point to come up with at least one broth recipe that I feel comfortable making. (See Resource Section)

Preparing this way will make fasting a cinch. Uncertainty leads to failure in fasting, and having a plan that you like, and is easy to implement, will ensure success.

Take a look through the recipe section at the back of this ebook. You might get some ideas for creating your very own juice fast recipes! If you do, please be sure to share your recipes with us at www.cleansewithkate.com. We love seeing and sampling what our readers and clients come up with!

PRE-FAST DIET

Begin your fasting experience with a few days of eating transitional foods. This will prepare your body for a time of eating mainly fresh, raw ingredients.

In order to prepare your body for getting into cleanse mode, see if you can eliminate or restrict the amount of carbohydrates you consume. You'll want to taper off acidic foods, such as anything sugary or full of empty carbohydrates.

Also increase the amount of raw fruit and vegetables you eat. This will help with a smoother transition and help you gear up for taking in a huge influx of vitamins that are coming your way!

Stick with salads, steamed veggies, good fats, and good protein for the few days before you commence fasting, and eliminate all or most sugars to get your blood sugar in good working order. You will have more sustainable energy and fewer cravings during your fast if you do this.

CHAPTER 5: JUICE FASTING KIT

There are some basic things you'll need to get in order to conduct your juice fast. Some of them are essential, such as a juicer and intestinal cleansing kit, while others are more optional.

To make things easier for you, I've gathered a list of every conceivable tool or 'extra' you'll ever need to purchase for your juice fast. I encourage you to try whatever resonates with you, or seems helpful.

But let's start with something that you do need: a juicer. Read on.

JUICERS 101

There are two basic types of juicers - centrifugal and masticating. The centrifugal juicer is the most common and the most popular, probably due to its affordability.

The centrifugal juicer grinds up the matter as it is forced through the shoot and pushes the freed-up juice through a screen, which separates the solids (the fiber) from the liquids.

This is a good choice for families or individuals on the go, as it is affordable, easy to use, and easy to clean. Prices range from under \$100 to several hundred dollars depending on the brand and quality.

The masticating juicer, on the other hand, works by chewing the fibers of the produce into a paste and then separating the liquid out of the paste, by passing it through a screen.

The upside of the masticating juicer is that it gets more juice out of the fruit and vegetables. The pulp that it produces will be very dry, while the centrifugal juicer will create a slightly wetter pulp.

The masticating juicer also usually has special features that enable it to make nut butters, pates and baby food.

So, although these are usually the bulkier option, there are some bonuses that come along with this machine.

Consider carefully whether or not a more complicated version will serve you well. At the end of the day, what good are these additional features going to do if your juicer never makes it out of the closet because it's too heavy or difficult to clean?

With our busy lives, ease of use is an important factor. You will be much more likely to make juicing a part of your daily life if the juicer is out in plain sight and is a snap to clean.

Whatever you decide, look for smaller units whose parts can fit easily into your kitchen sink, as this will make cleanup much more do-able.

Buying a juicer is a matter of personal preference, and you must go with what suits your budget, needs and tastes.

My Love Affair With a Juicer

I have to admit it, I'm in love with my juicer! I recently switched from another well-known brand because I found it to be bulky. My new Breville is so sleek and small that I can keep it on the counter and cleaning it is so easy it's almost fun. (Okay, now I'm pushing it!)

But I can tell you that because of this I make juice twice as much. And therefore have twice as much energy... which is always a good thing!

For the novice juicer, I would personally recommend this juicer or any of the juicers in the Breville range.

Not only are they nice to look at, but they are compact and leave a smaller footprint on your countertop than larger juicers, which helps the environment too!

Click [here](#) or visit the following link:

<http://breakthroughfasting.com/800JEXLJuiceFountain.html>

for more info about my favorite juicer!

INTESTINAL CLEANSING KIT

When fasting, your bowel activity will stop and you will no longer eliminate waste. This is normal and healthy. Since you are not eating solid food, there is nothing for the body to process.

However, it is extremely important to remove the waste that is being deposited into your colon through the detoxification process. Whatever is not eliminated or assimilated stays in the body and weighs you down, causing sluggishness and lack of motivation. If you have too much build-up sitting in your colon, your body

has to work twice as hard at removing it while simultaneously digesting whatever else is coming from your stomach.

So to a large degree, your energy level is a matter of waste management. Clean out your body (especially your colon) and you will feel instantly more healthy and energetic!

According to recent studies, the average American has five pounds of undigested, stagnant matter inside them at all times. Yuck!

Consider what would happen if instead of taking the trash out each day we just let it pile up. Before too long we wouldn't be able to move around in our homes because there would be too much accumulated waste. This would be an unacceptable living scenario, yet many of us are giving the same sort of treatment to our colons. During your juice fast, make the effort to sort this out!

Just as you shower to cleanse your outer body, you should also cleanse and purify your inner body by giving your colon a bath.

Traditionally this is done with colon hydrotherapy or by taking enemas. There are also supplements available if either thought makes you feel squeamish.

Colonic Hydrotherapy

Colonics are nice because they are powerful. You will feel instant results; plus, the practitioner does all the work for you which can be nice.

In a 40- to 60-minute session, and after an initial consultation, a colon therapist will gently insert a metal instrument called a "speculum" about a quarter inch into your rectum as you lie on your side.

The speculum is connected to tubing that gently releases a flow of water into your colon while the waste matter exits through another tube into the septic system. This is being done while you lie comfortably. The therapist may gently massage your abdomen to release any impacted fecal matter.

There's no need to be shy, as this is what these practitioners do every day, and they are professionally qualified to handle it! Most people find that any nervousness subsides quickly during their first session because it is such a simple procedure, and the results are pleasant – sometimes even miraculous.

Just make sure the practitioner is qualified, experienced, and someone who you feel comfortable with. It may be a good idea to meet with them beforehand or to visit the office to make sure they are the right practitioner for you.

A colonic is one of the most powerful forms of colon cleansing available, and you will find that you feel lighter and brighter with each session. One session a week during your fast should be sufficient for maximum cleansing, although please take your practitioner's advice on this, as everybody is different and he or she will be able to assess you more individually. Also be sure to inform your therapist that you're juice fasting, and see if he or she has any additional recommendations for you.

However, if colonics are not for you, there is a way to clean your colon at home. Read on.

At-Home Enemas

An enema kit is a great way to clean your colon without having to see a therapist. You will need to purchase an enema kit from your local drug store or online. Click [here](#) or visit <http://www.breakthroughfasting.com/DoucheEnemaKit.html> to find out which ones we recommend.

You can easily administer an at-home enema in the privacy of your own bathroom. Go for the water bottle version with tubing attached, and not the small Fleet Enema, as the latter usually has chemicals included.

Here are the instructions for how to self-administer a colonic:

1. Assemble the enema bag using the instructions on the box.
2. To get all the air out of the bag, release the tubing so that a bit of water flows into the sink, and re-clamp. (This will prevent abdominal cramping later.)
3. Fill the bag with pure filtered water. The water should be lukewarm, but a little cooler than body temperature. (The first enema of your fast should be done with the bag filled to half capacity, as you will have more matter to release. After you have successfully emptied the contents of the 1/2 bag, you may thereafter follow the instructions with the bag full.)
4. Hook the bag to a towel rack, doorknob, or anything steady - about three feet above where you will be lying.
5. Place a towel on the ground and lie down on your left side.

6. Lubricate the plastic tip with a bit of coconut, olive or baby oil.
7. Bring your knees to your chest and gently insert the lubricated tip into your rectum about 1 inch. Although slightly invasive, it should feel relatively comfortable and not cause any pain or discomfort.
8. Release the clamp and allow the water to flow, taking in enough to make you feel comfortably full, but never forcing yourself to take in more water than is comfortable.
9. Hold the water for as long as you can comfortably. Do not force yourself to experience discomfort.
10. Gently massage your abdomen in a clockwise motion to help encourage the matter to release.
11. When you are ready, sit on the toilet and release. It may take several minutes to release the water in the beginning so take your time. Patience is definitely helpful here, so bring a good book along!
12. When releasing the water it is helpful to elevate your feet into a sort of squat like position on a small stool or LIFE STEP if you have one. (Check out <http://breakthroughfasting.com/RenewLifeLifeStep.html> for more info.)
13. Congratulations, you have just flushed away what has been keeping you stuck! You should feel lighter and brighter already! Repeat this process every other day for maximum results, or if you experience headaches or nausea during your fast.

The Magic of OxyPowder

I've recently discovered OxyPowder, which gives you the benefits of a really effective colon cleanse without the hassle of colonics or enemas.

Simply put, OxyPowder is a scientifically developed colon cleanse that works by releasing beneficial nascent oxygen into the intestinal tract through a special

time-release mechanism. This slow release helps the body assimilate and use it more effectively.

OxyPowder is different than many other colon cleansing products which basically just scrape out the top layers of compacted matter by creating bulk.

Instead, OxyPowder essentially dissolves any compacted fecal matter in your small intestine, large intestine, and colon by oxidizing it before flushing it out. It's safe, effective, easy to use, and is also harmless to the good bacteria in your intestinal tract.

As someone who has tried all three of the above-mentioned colon cleansing methods, I can say that OxyPowder is by far the easiest! And it offers just as good a cleanse as an enema. You can also use it when you're not fasting to promote healthy bowels.

Although there are many other colon cleanse supplements out there, this is the only one that I feel comfortable recommending, based on previous negative experiences I have had with others.

To check out OxyPowder for yourself, click [here](http://www.breakthroughfasting.com/oxypowder.html) or visit www.breakthroughfasting.com/oxypowder.html

MINERAL BROTH

Drinking mineral broth is one of the most health-affirming and nurturing things you can do for your body. It will make a real difference to your health, in general, while increasing the effectiveness of your juice fast.

It's simple, inexpensive, extremely alkalizing, and will bring your body back into balance by restoring a healthy pH. Have some mineral broth when you're juice fasting, and have it when you're not!

As mentioned earlier, an over-acidic body is bad news. Besides being one of the main causes of excessive body weight, an over-acidic body can result in impaired digestion, a weakened liver, and a depressed immune system. What's more, not maintaining a healthy pH can lead to thousands of other ailments, from gallstones to gout, as well as degenerative diseases like osteoporosis, and arthritis.

It makes sense to do whatever you can to return to the natural, healthy balance that your body likes best. Your juice fast is a wonderful way to start promoting a healthy pH. I highly recommend taking the time to learn how to maintain an alkalized state post-fast. To see my personal favorite books on the topic, click [here](http://www.breakthroughfasting.com/alkalize.html) or visit www.breakthroughfasting.com/alkalize.html

So add mineral broth to your juice fast! It's packed with organic sodium, potassium and calcium (the main minerals the body uses to flush our toxins and regulate the pH of its systems) which will promote a safe and effective detoxification process.

You can make a mineral broth on your own at home, like I do, or use one of the many supplements on the market to save yourself some time. I've noted one that I use when I'm in a rush. You'll find my own personal mineral broth recipe below. Enjoy!

Kate's Homemade Mineral Broth

Ingredients

3 medium potatoes
2-3 stalks celery
2-4 large leaves of any greens
(my favorite is Kale, but you can use whatever you have on hand, such as collards, mustard greens, turnip or parsley. Basically anything green will do.)

Method

Bring to a light boil in an enamel pot so as not to leach metals from the pot. Simmer for 15 minutes.
Remove from heat and after it has cooled a bit, strain and discard chunks, keeping only the broth. Refrigerate and sip chilled or lightly reheated.
Don't worry about throwing away the veggies! All their nutrition has been extracted from them and is now in the pot!

Mt. Capra Mineral Whey

There are lots of mineral supplements out there. Although I tend to use my own homemade mineral broth recipe wherever possible, there is one supplement that I personally prefer when time is of the essence, or if I just can't be bothered to make my own.

And that's Mt. Capra Mineral Whey, a nutrient-packed concentrate that has rave reviews across the health sector. Personally, I love this because it's easy to prepare and you can almost feel the extra boost that the essential minerals are giving.

ing your system. To purchase your own bottle, click [here](#), or visit <http://breakthroughfasting.com/CapraMineralWhey.html>

CHAPTER 6: YOUR JUICE FAST

**"Whatever you can do or dream you can, begin it.
Boldness has genius, magic and power in it".**

-- Johann Wolfgang von Goethe

This above quote could not be more true of fasting. While preparation is necessary, the most important part is starting. So here we go!

YOUR DAILY PLAN

It's good to have a daily plan so that you know what to prepare for and what to expect.

This is not a legally binding agreement and you do not have to stick with it if it does not work for you. However, I would encourage that before starting your fast you have something sketched out along the lines of what I've suggested below.

I've based this outline on my assumption that during your fast, you will be taking time out to rest and recharge your body and soul. I've included daily practices other than fasting that I often incorporate into my day, which have all worked beautifully for me. Many of my clients have used this outline as well, with great success.

If you are doing a modified fast, then simply interchange any of the juices with your chosen modification. If at all possible, aim to have at least half a glass of fresh juice along with your modification to boost the enzyme count.

Also, if you are doing a modified fast, then it is best to make your last meal before bed a juice. This will enable your body to get a head start on digesting whatever solids you've eaten during the day and it will maximize the cleansing time that your body gets while you are asleep.

It's important to remember that you are aiming to infuse every cell in your body with life-giving live enzymes, and not to deprive yourself in any way. It is natural to feel hunger, but it is just as natural to feed, nourish, and indulge your body with as many fresh vitamins and enzymes as you can take!

Please adjust the times to your schedule.

7:00 am: Wake. Practice deep breathing and gentle stretching to energize and prepare for the day. Set intentions for the day (my default intention is to be alert and mindful of my body and its needs). Do some body brushing and take an invigorating shower.

8:00 am: Make your first juice- if you're planning on having fruit in your juices, I advise having it in the morning. The green (vegetable) juices tend to be more grounding and are better for evening. I aim for a pint of juice at each 'meal', but go with as much or as little as you feel appropriate. You don't need to worry about calories here.

10:00 am: Sip Mineral Broth or other mineral supplement. You can pre-make this and take it with you in a flask.

12:00 pm: Second juice and/or herbal tea, with optional honey or agave nectar and a squeeze of lemon for extra cleansing benefits. Hot water with sliced up lemon and ginger in it works just as well.

2:00 pm: Giant vegetable juice.

4:00 pm: Have another juice of your choice.

6:00 pm: This should be your fifth or fourth juice of the day. Make it special and enjoy!

8:00 pm: Detox bath or enema on alternating days. Include body brushing if you desire.

9:00 pm: Do some meditation, creative visualization and/or watch your MindMovie (more on this later). Aim to get into bed early after unwinding completely with these simple tools.

EXERCISE WHILE FASTING

There is a lot of debate on the topic of exercise while juice fasting. In my opinion, and as with the rest of this experience, this really is an area where you need to be responsible by following your instincts, and heeding your own body's wisdom.

Whether or not you exercise, and what activities you engage in, should depend on your energy and how you're feeling.

Since the whole idea of this fast is to rest, restore and rejuvenate, be careful to not go overboard. Let this be a period of rest, as the more rest you get, the more cleansing you get.

Don't be tempted to try and force extra or faster weight loss by engaging in a rigorous exercise program alongside your fast. This is the surest way to set yourself up for failure and could end up doing damage to your body.

Juicing is already making a powerful difference to each and every cell in your body, so if you don't already exercise regularly, then there is no point in overtaxing yourself by trying to start two new habits at once.

Having said that, moving your body is definitely a good idea because it will help get the blood and lymph systems circulating. So don't feel that you can't exercise if you have the energy for it.

Certainly, if you are doing a longer fast, you will find that towards the end of it you will have boundless energy and will be eager to get up and do something!



The rule of thumb here is to do what feels nurturing.

Also, if you already exercise regularly, then there is no need to abandon your regime altogether for the duration of your fast. As advised above, the key is to listen to your body.

Don't be worried that taking a hiatus from your regular gym sessions will do you any long-term damage. Juice fasting is a temporary state. Any slow down of your metabolism while you're only consuming delicious, fresh juices, will be more than made up for when you return to normal eating and activities with a renewed, re-tuned and sparkingly revitalized system!

Unless you're on track for the Olympics, a break from your regular training to rest and restore yourself is not going to cause any harm.

So, be prepared to slow down. You are doing this juice fast to nurture and care for your body-- not to punish it. Scale back on your exercise and follow the rhythms of your busily cleansing body.

For the first few days at least, stick with low-impact exercise. From then on, your energy will pick up and you can start doing what you feel is right for you.

Walking

One of the most complimentary forms of exercise that you can do during a juice fast is walking. We were born to walk, which is why it's such a fantastic, low-impact way of moving that really gets your lymph flowing.

Even just increasing the amount of steps you take in a day will make a positive difference, and we all know the drill about taking the stairs instead of the elevator.

You don't need me to tell you that taking time to go for a 10- to 30-minute walk every day will make a big difference in your overall well being. I'm sure you've heard it before!

Rebounding

Rebounding is one of the most effective forms of exercise available to us today, and in my opinion, it's one of the most fun.

I use my rebounder several times a day while listening to music and it always provides me with a happy buzz of energy.

Not only is it low-impact, but it literally cleans out and massages each and every cell in your body, providing it with new oxygen and life force with each and every bounce.

This is achieved with the help of our old friend gravity. At the top of the bounce, your body becomes completely weightless and then as you reach the bottom of the bounce, you experience a moment of inertia. This creates a mini vacuum and stimulates the lymphatic system, clearing out waste matter in the body and engendering greater effectiveness of the immune system.

All of this is achieved in a low-impact manner that promotes healthy joints. What more could you ask for?

To find out more about how you too can bounce your way to health, click [here](#) or visit <http://breakthroughfasting.com/Rebounder.html>

What Is The Lymphatic System?

The lymphatic system carries nutrients to, and toxins away from, your cells. It is the general detoxifying system of the body, and unlike the heart, has no pump, so relies on your movement to stimulate and move it.

The more you move around, the more energized and effective it becomes, which is why exercise is so important for long term health. By getting your lymph moving, you will be helping your body get on with its cleanup.

Yoga

Yoga is another fantastic, juice-fast-friendly exercise, and one that can make a real difference to your life on every level.

Not only will it strengthen and tone your body, but it will also help de-stress and ground you, while giving your lymph system a happy wake-up call.

Many forms of yoga actually have a detoxifying effect on the body by giving your glands and entire endocrine system a tune up.

One of these practices is Kundalini Yoga, which is focused on psycho-spiritual growth and takes both the spine and the endocrine into special consideration as it works to liberate the life force energy trapped in your chakras while detoxifying your body.

If you're interested in giving yoga a try, then I recommend Detox Yoga and Yoga for Beginners and Beyond (by my absolute favorite yoga duo, Ana Brett & Ravi Singh) as a simple place to get started. These two are well-respected Kundalini experts and have a reputation for possessing a much coveted Hollywood weight loss secret. You can find out more about their Yoga by clicking [here](http://breakthroughfasting.com/KundaliniYoga.html) or by visiting <http://breakthroughfasting.com/KundaliniYoga.html>

Watch Out For Excited Toxins!

Be especially careful when exercising during or shortly after a juice fast, as you may have some toxins circulating in your system that can get stirred up when moving around.

This could result in temporary dizziness or sudden feelings of nausea. It can also sometimes occur when you first wake up and/or stand up very quickly.

Not to worry. This is just part of the process of detoxifying and will not last long.

PART THREE:

TOOLS FOR A JUICY LIFE

This section is packed with tools that I use myself – both when juice fasting and when not. All of them have had a positive impact on my life and are offered here as starting points and suggestions for continuing your own journey to health and well-being.

CHAPTER 7: EMOTIONAL FREEDOM TECHNIQUE

Emotional Freedom Technique (EFT) is a groundbreaking, often miraculous, healing technique. I highly recommend EFT if you are battling with any emotional upheaval caused by your juice fast, or if you have any ‘issues’, or ways of thinking, that you know are holding you back in your life.

You can use this tool on everything from a mild headache or fasting grumpiness to relationship pain, personal phobias, and most physical conditions.

Then, when you’ve literally neutralized whatever was causing you discomfort, you can use it to ‘re-program’ yourself with healthy, positive ways of thinking and feeling in order to achieve whatever personal goals you have. If only I had this tool during my first 30 day juice fast!

EFT has been used by advanced practitioners to successfully treat Post Traumatic Stress Disorder, clinical depression, and even multiple sclerosis!

Detoxing is such a powerful process because it can literally transform us. By letting go of old rubbish on a cellular level, we make space for the new treasures of health, happiness and balance.

The same applies to your emotions, and EFT is a very powerful way to perform this spring cleaning on an emotional level and set yourself up for authentic emotional healing and happiness. It can be used alone or along with any other therapy or practice you’re engaged in.

Simple and Easy Emotional Release

Often referred to as ‘psychological acupuncture’, EFT is a needle-free, easy, and do-it-yourself method for healing both your emotions and your body.

Based on a combination of the principles behind the ancient Chinese healing technique of acupuncture and the scientific field of mind-body medicine, EFT works to remove the emotional barriers and negative emotions that have been holding you back. It does this through conducting a simple exercise called ‘tapping’.

Tapping is so simple that anyone can learn to perform it on themselves. For those who feel they need more advanced help, there are plenty of qualified practitioners available to give assistance either in person or over the phone.

As a quick introduction, click [here](#) to watch a short but powerful video highlighting the uses and benefits of EFT. If you are reading this ebook offline, then simply visit <http://breakthroughfasting.com/eftvideo.html> to access it.

Learn EFT for Yourself

If you’re interested in learning more about EFT and how to do it yourself, the good news is that learning the basic technique is free!

There are also a number of very reasonably priced and effective programs for those of you who would like to go deeper into EFT and learn in your own at home.

Please note that sometimes while tapping on one emotion or issue, other more intense emotions will begin to surface. But each session should end with you feeling positive and more uplifted. If the opposite is happening, then it is wise to enlist the help of a qualified practitioner.

But as a starting point, after watching the above videos and perhaps reading through the free EFT manual that you can get through www.emofree.com, here are instructions on the basic EFT technique for you to try yourself.

Tapping Video

A picture is worth a thousand words and a video is even better! Since, the best way to learn tapping is by watching it, I’ve managed to find this fantastic introductory video produced by UK-based Cambridge University graduate Magnus Stap-ping. In it, he explains the basics of how and why EFT works before walking you through a few rounds of tapping. This is so that you can see and feel how to do it yourself. Click [here](#) to access the video.

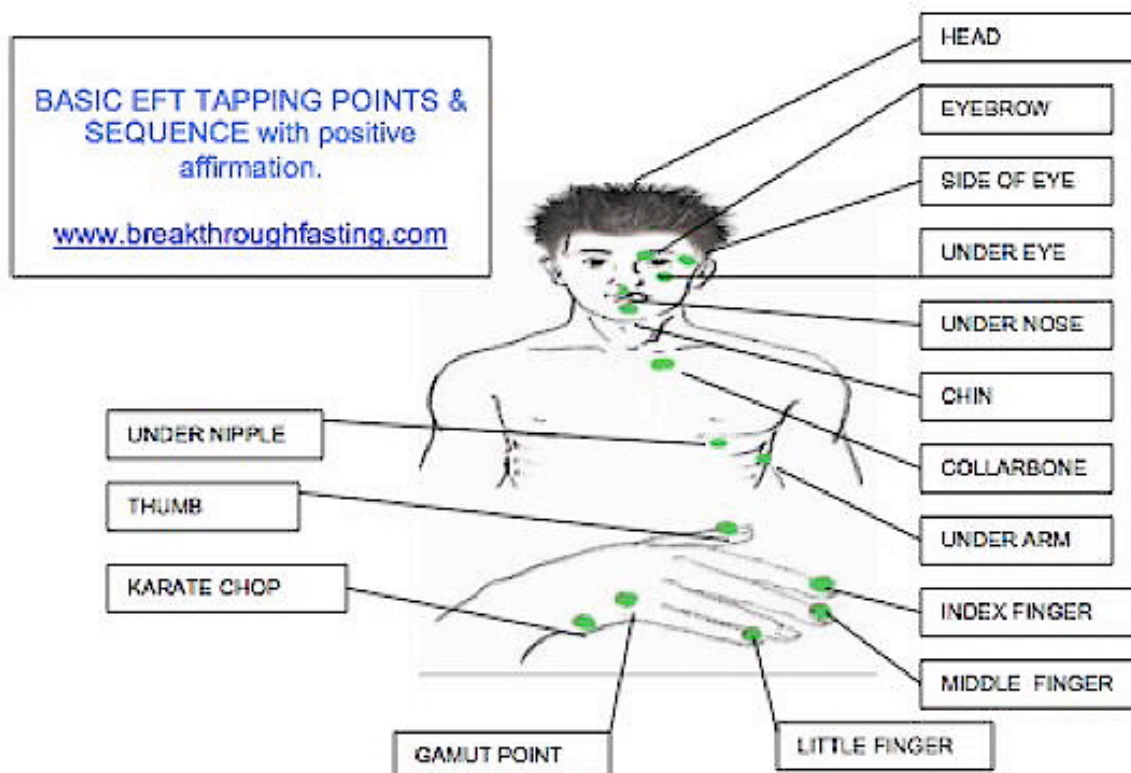
If you are reading this book offline, then you can easily access the same video at <http://www.tapping.com/videos/introduction-to-tapping.html>.

Magnus also offers a number of free demonstration videos addressing various areas on his website www.tapping.com, as well as a fantastic video series course for more advanced or for specific tapping. Plus, he has a LOVELY British accent!

Tapping Instructions

If you prefer to read, the free manual you get when you sign up at www.emofree.com is very comprehensive and will give a very good understanding.

In the meantime, below is a basic diagram showing the EFT tapping points as well as an explanation of a standard sequence. I have also included another version of this diagram in the Resource Section of this book for you to print off and use at home.



Preparation

Step 1: Identify the problem you want to focus on, such as “irritability while fasting”.

Step 2: Consider the problem or situation. How do you feel about it right now? Rate the intensity level of your anxiety, with zero being the lowest level of anxiety and ten being the highest.

Step 3: Compose your Set-up Statement. Your set-up statement should state the essence of the problem you want to deal with. Then follow it with an unconditional affirmation of yourself as a person. Such as:

"Even though I feel irritable while fasting, I deeply and completely accept myself."

The Set-up

Step 4: Perform the set-up: With four fingers on one hand, tap the *Karate Chop* point on your other hand. Repeat the set-up statement three times out loud, while simultaneously tapping the *Karate Chop* point. Now take a deep breath!

The Sequence

Step 5: Repeat the essence of your set-up phrase while focusing on that feeling and tapping on the twelve tapping points in the following sequence: *Head, Eyebrow, Side of Eye, Under Eye, Under Nose, Chin, Collarbone, Underarm, Thumb, Index Finger, Middle Finger, Little Finger, Karate Chop* while repeating the essence of your set-up phrase. *For example, "I feel Irritable while fasting."*

The Gamut Procedure

Step 6: Now look straight ahead and continuously tap the *Karate Chop* point while performing the following actions:

- A: Without moving your head, look hard down to the right.
- B: Without moving your head, look hard down to the left.
- C: Circle your eyes clockwise.
- D: Circle your eyes counter-clockwise.
- E: Hum two bars of any song out loud.
- F: Count to five out loud.
- G: Hum two bars of the same song out loud again.

The Sequence

Step 7: Repeat the same sequence from Step 5, making an effort to concentrate on the feeling as you speak and tap it.

Finish & Evaluate

Step 8: Congratulations! You've completed your first EFT sequence. Take a deep breath and focus on your problem again. How intense is the feeling now compared to a few minutes ago? Give it a rating on the same number scale that you used before the initial set-up.

Repeat if Needed

If the feeling is still higher than '1' or '2', you can do another round of tapping. This time, for your set-up statement, you need to reflect that you are dealing with the remainder of the problem. For example, you would say, "Even though *I still feel this remaining irritability while fasting*, I deeply and completely love and accept myself".

Repeat tapping rounds until the feeling is neutral. You might find that upon finishing, you'll be a little tired and you might even have a foggy head. This is a good sign and means that you have made good progress. Take a drink of water.

Positive Affirmation

Now that you've focused on dispelling your immediate anxiety, you can work on installing some positive feelings in its place.

Your set-up phrase can be anything you want it to be. Here are some example phrases to guide you:

"I have faith in my ability to change, and I deeply and completely love and accept myself."

"I am joyful about these positive changes, and I deeply and completely love and accept myself."

"I am accomplishing so much, and I deeply and completely love and accept myself."

"I enjoy the calm and peace that I have, and I deeply and completely love and accept myself."

"I love the person that I am, and I deeply and completely love and accept myself."

"I am becoming a more relaxed and joyful person, and I deeply and completely love and accept myself."

Then, once you have created a se-tup sequence that motivates you, simply perform an entire EFT sequence as explained above, except that this time you are not trying to eliminate any negative feelings, but rather aiming to cement positive ones. Stop when you feel that you have done enough and do not overdo it. EFT is highly effective and does not need to be done in massive quantities.

Point Perfect

When tapping the different points, follow these guidelines:

Head: The crown, which is center and top of the head. Tap with all four fingers on both hands.

Eyebrow: The inner edges of the eyebrows, closest to the bridge of the nose. Use two fingers.

Side of eye: The hard area between the eye and the temple. Use two fingers. Feel out this area gently so you don't poke yourself in the eye!

Under eye: The hard area under the eye, that merges with the cheekbone. Use two fingers, in line beneath the pupil.

Under nose: The point centered between the bottom of the nose and the upper lip. Use two fingers.

Chin: This point follows symmetrically with the previous one, and is centered between the bottom of the lower lip and the chin.

Collarbone: Tap just below the hard ridge of your collarbone with four fingers.

Underarm: On your side, about four inches beneath the armpit. Use four fingers.

Thumb: Tap the outside of the thumb with the one finger from the opposite hand.

Index Finger: Tap the outside of your index finger with one finger from the opposite hand.

Middle Finger: Tap the outside of your middle finger with one finger from the opposite hand.

Little Finger: Tap the outside of your little finger with one finger from the opposite hand.

You should use a firm but gentle pressure, as if you were drumming on the side of your desk or testing a melon for ripeness. Tap with your fingertips, not your fingernails. The sound will be round and mellow. The tapping order begins at the top and works down. It doesn't matter if you switch sides halfway through.

Note: This is a different approach than traditional "positive thinking." You're not being dishonest with yourself or obscuring your feelings with a veneer of insincere affirmation.

Rather, you've confronted and dealt with the negative feeling that was affecting you, offering deep and complete acceptance to both your feelings and yourself. Now, you're turning your thoughts to the powerful and positive in order to tune your emotions into a more powerful perspective.

That's what makes EFT so much more effective than many 'positive thinking' techniques. It's not just a mental trick; instead, you're actually changing your body's energy to a more positive flow, and building a positive emotional balance from the inside out.

EFT Expert

The above tapping sequence is just a basic sequence. EFT has so much more potential and can produce miracles in the hands of experts.

One such expert is EFT practitioner Brad Yates. Brad is an experienced EFT therapist and has developed some exciting and powerful downloadable "e-

tappings” that you can use to work on specific areas in your life - such as love relationships, finances, and losing weight. His website, which you can access by clicking [here](#) or visiting <http://breakthroughfasting.com/bradyates.html>, is packed with tips and tools, and he features various free tap along videos on You Tube as well.

In fact, his *Body Beyond Belief* tool is a great companion or follow-up program to your juice fast. Have a look at his website where you will also get some fantastic free bonuses if you subscribe to his highly useful and entertaining newsletter.

CHAPTER 8: VISUALIZATION

**"See what can be, not just what is."
- David J. Schwartz, PhD**

The science of visualization may have risen to popularity in recent years, but this time tested tool has been around for ages. It has benefited everyone from Olympic athletes and business men and women, to people just like you and me who are interested in reprogramming our bodies and minds for a better and more radiant life experience.

Time and again, it has been proven that visualization works. Tiger Woods uses it. Anthony Robbins uses it, and now you can, too. Incorporating a practice of visualization into your juice fast will not only help you sail through it, but will also have a profound effect on your life thereafter.

There are as many different ways to visualize as there are shapes of snow crystals, and everyone has their own personal favorites. Below is a quick introduction to visualization and some tools that I've found useful.

Start with Self Esteem

"Discovering your real self means the difference between freedom and the compulsions of conformity."

- Maxwell Maltz

My personal visualization hero is a brilliant doctor named Maxwell Maltz. He has dealt with the subject extensively. Dr. Maltz was a plastic surgeon, and was one of the first people to notice that if you have difficulty imagining yourself in your ideal state of health and well-being, then you will have difficulty attaining and enjoying that desired state.

He became fascinated with this subject when he noticed that some of his patients would continue to see themselves as "ugly" even after he'd operated on them and changed what they didn't like.

In one case he operated on a young girl, giving her the nose of her dreams, but when he handed her the mirror to show her new appearance she uttered, 'the nose is perfect, but I am still ugly.'

Dr. Maltz realized that the problem was deeper than physical appearance and spent the rest of his life on a mission to help others improve their self-esteem.

He developed a system, based on the premise that good self-esteem is key to attaining any goal, for people to do just that.

This system became what is commonly known today as 'visualization'. The idea behind it is that if you change your basic belief and self-image to line up with your goal, you will find it much easier to achieve, because it will actually have become a part of you.

By seeing yourself as you want to be, you are subconsciously sending a loving and supportive signal to your brain that you believe in yourself enough to achieve it. This begins to re-arrange your self-perceptions on a very fundamental level. But you have to do more than just see it: you have to FEEL it.

Our old, negative self-images can sabotage us. Using this method, however, can easily help you create a self-image to support you in achieving your goals. In this manner your entire being will move towards what you are dreaming of.

Affirmations and visualizations are great, but they must be combined first with a shift in the self-image. So start with visualizing yourself as you want to be, and accept that it is fully and truly possible to be that vision.

How to Visualize

Here's how it works. By consistently visualizing the achievement of your goals - whatever they may be - you actually begin to set into motion the events and processes that will help you achieve your goals, as your mind subconsciously gets to work on finding a way to close the gap between what you're visualizing and your current reality.

Studies show that the brain does not know the difference between what is real and what is imagined. So, by using these techniques you are literally rehearsing your future!

All you need is to know what the perfect end result of achieving your goal is. Then take some time to sit down and imagine it in full color.

Here is a quick guide to the basics. Keep in mind that there are many resources out there to help you achieve the most effective visualization method for you.

Step 1: Find a quiet, comfortable place where you can sit in peace and you won't be interrupted.

Step 2: Consciously relax through deep breathing or whatever else works for you. I tend to tense and release each muscle progressively from the tips of my toes to my head.

Step 3: Once you can feel that your whole body has relaxed, slowly count down from 10 to 1, pausing at each number to feel yourself going deeper and deeper into your state of relaxation.

Step 4: Affirm your goal. Affirmations go hand-in-hand with visualization. For instance, "I'm healthy, happy and relaxed as I create a strong, healthy body." Affirmations should always be spoken in the present tense.

Step 5: As you're affirming your goal, picture yourself as having achieved your goal. For example, here I would picture a slim, toned, and energetically healthy me, bouncing and playing with my dogs on the beach. I can see the dogs bounding around me, I can feel the wind in my hair, and I can hear the sound of my laughter as I watch my puppies play in the surf.

At this point, it is important to involve your emotions and as many of your senses as possible. Don't just see the picture, hear it, feel it, live it!

Step 6: Stay in this state as long as you want, but do not cling to the images. Let them flow.

Step 7: Once you notice the visualizations fading, release them and begin the process of coming back to the moment by slowly counting up from 1 to 10.

With each number allow yourself to become more aware of your surroundings, more alert throughout your body, until at number 1, you open your eyes, take a deep breath and feel refreshed and wide awake.

Repeat this process for at least twenty-four days, and you'll be amazed at what your subconscious can do when given the inspiration!

Are You Doing it Right?

Some people aren't sure if they're "doing it right". Don't worry. Whatever you can see or imagine in your mind's eye right now is good enough. You will find that the more you practice it, the better and more vivid your visualizations will become, until you actually feel like you are experiencing it when do your daily visualization. It takes time and tenacity, but visualization does work.

Also keep in mind that this is just one of many methods of visualization. There are literally thousands of tools out there to help each individual find what their 'magic bullet' is, and I encourage you to seek out what works best for you.

Mind Movies – My Favorite Visualization Tool!

MindMovies are a visualization tool developed by Australian born Ryan Higgins. Based on Neuro-linguistic Programming (NLP), as well as the universal principle of Attraction. A MindMovie is a creative and fun way to create and watch an interactive visualization board as part of achieving your goals. Basically, it helps you to bring your visualization process to life.

The best way to show you the power of these puppies is to let you watch and see for yourself.

So, along with the free bonus material, a downloadable **Breakthrough Juice Fasting** MindMovie is included with this ebook. This will help you keep focused and aligned with your intentions while juice fasting. It's only 2 minutes long and will help you feel better and allow your fast to manifest in perfect harmony!

Click [here](#) or visit <http://breakthroughfasting.com/MyBreakthroughJuiceFast.mov> to view your very own juice fasting MindMovie!

If you enjoy your MindMovie and would like to learn more about the software that allows you to create your own, click here or visit www.breakthroughfasting.com/mindmovie. The offer also includes many bonuses and access to ongoing coaching if you'd like it.

CHAPTER 9: THE C.O.R.E. TECHNIQUE

Another technique that may be used in conjunction with EFT is The Core Technique.

Often, when a feeling arises that we perceive as uncomfortable, we look around to see what we can do to FIX the problem. But, ironically, if we use the technique described below we will come to know that **the fastest way out of an emotion is through it.**

C.O.R.E. stands for Center of Remaining Energy and is a technique that is profound in its simplicity. If used consistently, like EFT, it can transform your relationship with your feelings and therefore your life.

It's also an especially useful technique to take advantage of while juice fasting as you will be more in tune with your emotions, not having suppressed them with food.

By practicing this technique, you can be sure you have resolved the feeling in its entirety instead of covering it up only to have it resurface again and again. Completing the feelings in this way leaves us renewed and peaceful, available to act appropriately in the moment.

The following excerpt was written by Tom Stone, one of my greatest mentors and the founder of Great Life Technologies in California. Tom is a pioneer in the field of transforming patterns of energy stored in the physical body, and an all around amazing human being. I highly recommend browsing around his site, www.greatlifetechnologies.com, and reading the many articles he has published there.

The C.O.R.E. Technique

What is needed is an efficient way to complete these incomplete overwhelming emotional experiences from the past. The CORE Technique is the most efficient way I have found for doing this. CORE stands for Center Of Remaining Energy. It is a process of doing the opposite of what we are conditioned to do. We are conditioned to go away from where the energy of emotional pain stored in the body is the most intense. During the CORE Technique you dive right into the center of the most intense part of the energy of the incomplete emotional experience that is held in your body.

Allowing yourself to feel into the most intense part of the energy of an incomplete experience of emotional intensity is VERY different than simply “feeling your feelings.” It is as different as a laser beam is from a flash light beam. Laser beams can be so powerful that they can cut through very hard materials. A flash light can penetrate the darkness but it doesn’t cut through anything.

Like that the process of just feeling the energy of a feeling in your body is an inefficient way to complete incomplete intense emotional experiences. The CORE Technique however is laser like. It penetrates down into the heart of the most intense part of the energy of the incomplete experience. This allows you to rapidly and thoroughly complete the experience of the energy that is held there.

Imagine for a moment that the suitcases filled with incomplete emotional pain from the past for a layer of energy between you and the continuous experience of Pure Awareness. This layer of energy is like a layer of cheese between you and Pure Awareness. Each time you use the CORE Technique to complete one of your incomplete intense emotional experiences you have made a hole in the cheese. It has become more Swiss cheese like. The idea is to keep making holes in the Swiss cheese until it is all holes and the Pure Awareness shines through unobstructed.

For free audio led by Tom that will guide you through the above technique, click [here](http://www.greatlifetechnologies.com/COREExercise.html), or visit <http://www.greatlifetechnologies.com/COREExercise.html>

CHAPTER 10: BREATHING TO AFFECT YOUR HEALTH AND EMOTIONS

“Breathing is our primary source of energy. Emotions are part of that energy in motion; the feelings part. Any negative emotion you can breathe through long enough and in balance with will lose its grip on you.”

**~Michael Grant White
(Breathing Expert and Founder, The Optimal Breathing Store)**

Stop for just a minute and place your attention on your breath. Notice how you're breathing.

If you're like most people, then you'll find that you're breathing into your chest. This is known as 'shallow breathing', and it's not the best way to go about oxygenating your body.

It's humorous to think that we could get something as basic as breathing wrong, but shallow breathing is actually a common mistake in today's busy, speed-obsessed culture.

Shallow breathing can keep us alive, but that's about all it can do. What we really need is to unlearn shallow breathing and begin breathing deeply, into our diaphragms, so that we are truly oxygenating our system as nature intended.

Deep, correct breathing is essential for optimal functioning and can actually transform us. Deep breathing reaches every cell, taking oxygen into the deep crevices of the body and properly clearing out cellular waste and old, stale energy. It not only fuels the metabolism, but it also delivers proper life energy, or “prana”, to the body.

Some experts believe that breathing is responsible for providing 99% of our energy supply and is central to our health. In fact, studies have shown that poor breathing habits can cause asthma, allergies, anxiety, fatigue, depression, headaches, heart conditions, high blood pressure, sleep loss, obesity, stress, poor mental clarity, and many other harmful conditions.

Furthermore, scientists have proven that cancer cannot survive in an oxygen rich environment, that heart disease is directly correlated to lack of oxygen, and that proper breathing promotes weight loss.

Even emotional issues like anxiety and depression are related to an unbalanced nervous system which is, in turn, caused by a lack of oxygen. So, is there any reason not to improve the quality of your breathing?!

Your breathing can be harnessed to help you to detoxify more easily during your fast and to help you deal with any emotional upheaval that may come up now and in the future.

KUNDALINI BREATHING

Some of my favorite breathing techniques come from Kundalini Yoga. What I love about them is their ability to completely alter a mood or energy level within minutes. As mentioned previously, Kundalini is a powerful system for managing emotions and cravings, which works perfectly when dealing with anything that might come up during a juice fast.

Yogi Bhanan said, "If you can inhale and hold seven breaths, your oxygen will be completely circulated through your blood system, and you shall not need what you are longing to have."

I agree. Get practiced at this and you will not only manage your cravings, but you will become the master of your own life. You will have the power to transform your emotions at your own will and convert stuck energy into positive fuel for creativity.

Kundalini Yoga primarily uses two techniques: Long Deep Breathing, and Breath of Fire. Use Long Deep Breathing when you want to calm your energy, and Breath of Fire when you want to energize.

I love these and practice them often. They are great for when you don't have the time or inclination to do a round of EFT or any other time when you suddenly become conscious that you need some more oxygen!

Note: Be cautioned that these techniques are very powerful and can affect tangible physical changes in the body. Mike White counsels that asthmatics and those that are severely anxiety prone, have COPD, hyperventilate, over breathe, are phobic or have a tendency toward hypochondria would be better off sticking with his patented *Squeeze and Breathe Technique*. You can access an animated and pictorial guide to this fascinating technique by clicking [here](http://breakthroughfasting.com/squeezeandbreathe.html) or by visiting <http://breakthroughfasting.com/squeezeandbreathe.html>

Long Deep Breathing

Long Deep Breathing is also known as 'Diaphragmatic Breathing' because performing the breath in this way causes the diaphragm to expand to full capacity.

Sit comfortably in an upright position and begin by relaxing your entire body from your face down to your toes, paying special attention to the muscles in your torso.

Close your eyes and consciously let go of any and all tension. Allow it to soften and drain from your body.

Keeping in mind that it is not necessary to breathe forcefully, gently draw breath in through your nose into the back of your throat. You can then use this method to fill your body with breath in three stages.

First, fill your lower abdomen. Once it is completely full, draw in more breath and expand it into your lungs. Your stomach and chest muscles should be completely relaxed.

Finally, fill the cavities in the upper part of your chest by your clavicles. This last stage is very subtle.

Do this is all in fluidly, and above all, do not strain.

Release the breath in the opposite sequence, starting with your chest and then on to your lungs and stomach. Really draw the breath out so that it feels relaxing. It should feel like ocean waves rolling in and out of your body.

Do this entire sequences to the rhythmic counting of a number sequences in your head. For instance, begin by counting to six on the inhale and six on the exhale. Gradually increase to larger numbers as you gain experience and get used to breathing deeper.

This breath should produce a calming and grounding effect in the body. Feel and enjoy the inner peace and relief that comes from this practice.

Breath of Fire

The benefits of Breath of Fire are a thousandfold. Know that by practicing this breath you are oxygenating your blood, cleaning out your lungs, and toning all of the organs and glands of the body.

According to Kundalini Yoga experts, Ana Brett and Ravi Singh, Breath of Fire is more aerobic than aerobics:

"A calorie is a unit of heat. The correlation between heart rate and calories burned is not the only way to measure oxygen in and carbon diox-

ide out. When the cells have more oxygen they burn fuel to create energy more effectively. In Kundalini Yoga the lungs are, in effect, big bellows, pumping oxygen right into the blood stream. That's why we say Breath of Fire is more aerobic than aerobics."

Breath of Fire is almost the opposite of Long Deep Breathing. When done properly, it will produce an energizing and invigorating effect on the mind and body. Use this technique when you feel stagnant and need to recharge your batteries.

Breath of Fire is a very powerful practice and forms the basis of Kundalini Yoga. It is a rapid rhythmic breath that is not meant to be deep or forceful.

You learn Breath of Fire by panting like a dog. Sit or stand comfortably, open your mouth and stick out your tongue, as if you were a little puppy.

Begin to mimic panting in a light gentle way. After a few seconds of this, close your mouth and continue to breathe this way, but now breathe through your nose.

You should notice your belly naturally pumping in and out as your diaphragm moves up and down. If your nose stings then this is due to your breath releasing toxins. Stay relaxed and allow the rhythm to take over and feel as if you're being breathed!

Continue the breaths until you feel sufficiently oxygenated and your mood has shifted.

Further Breath Resources

If you would like to explore breathing and its effect on you more thoroughly, Mike White, The Optimal Breathing Coach, has put together a self-test to evaluate where your breathing could use improvement. To see how well your own breathing scores, you can access Mike's test by clicking [here](#) or visiting <http://breakthroughfasting.com/breathing.html>. (Note: The breathing test is located on the top right side of the web page.)

Mike also offers a very effective Breathing for Weight Loss program which could be a perfect companion to your **Breakthrough Juice Fast** - if you're looking for a form of exercise that will not require any gym visits!

CHAPTER 11: BRUSH THE TOXINS AWAY

Skin brushing is a great way to maximize the detoxification of your fast while making you feel happy and tingly all over. It will likely become a lifelong habit due to the pleasant results it can have.

Simply put, skin brushing is the act of vigorously brushing over your dry skin to stimulate the lymph glands and aid detoxification and cell renewal.

It's cheap, quick, and easy to grasp, and has many benefits including tightening your skin, breaking down cellulite, and strengthening your immune system. Done in tandem with your juice fast, it's a sure recipe for success.

You can purchase a skin brush from most health stores or online. Buy a NATURAL bristle brush so that it will not damage the surface of your skin. It is also a good idea to get a brush with a handle so that you can get to those hard-to-reach parts of your body such as your back.

You can take a look at the brush I have found to be the most comfortable and affordable by clicking [here](http://breakthroughfasting.com/bodybrush.html) or by visiting <http://breakthroughfasting.com/bodybrush.html>.

Here is a simple method for incorporating skin brushing into your daily routine:

- **Perform daily**, ideally before showering or bathing, at least once daily and twice if possible.
- **Perform on dry skin only**. Wet skin will stretch and the bristle will not have the same effect on your lymph system.
- **Brush firmly, towards the heart**. Don't scratch yourself. Use the same amount of pressure you would to brush through slightly tangled hair. This should be invigorating, not painful.
- **Start with brushing the soles of your feet**, then work up each of your legs, over your entire torso, front and back, stroking lightly over your breasts or chest and avoiding the nipple – before working up each of your arms and over your shoulders. It is a good idea to use counter-clockwise strokes over your abdomen.
- **Brush each area of your body vigorously** with a few fast, firm strokes. The entire exercise shouldn't take more than a few minutes.
- **After brushing, have a lovely warm shower or bath**, but finish off with a blast of cold water. This will really get your blood and lymph system jingling, which will in turn help aid your detox.

Wash your brush every few weeks in warm, soapy water and allow it to dry naturally.

CHAPTER 12: DETOX BATHING BLISS

Detox Baths are the tool to use for when you are feeling the symptoms of withdrawal and detoxification, because they are just so lovely and luxurious. In fact, a regular detox bath was reportedly one of Cleopatra's favorite beauty secrets.

Used since ancient times, they are designed to draw the toxins out of your body while relaxing your muscles and soothing the pain.

The idea is to have a hot bath with selected added salts that will draw toxins out of your body and away from your skin as the water cools down. You can buy a range of specially formulated bath salt blends or you can make one yourself.

Take them as often as you like during your fast, according to your needs. But try not to soak for longer than 20 minutes unless it's just before bed, as the combination of the hot water and intense toxin release may well exhaust you.

Below are some fabulous at-home detox bath remedies that I always enjoy using while fasting:

Ginger Dream:

This bath actively soothes pain while also opening up your skin's pores to quickly and effectively eliminate toxins, so is particularly appropriate for a juice fast.

Stir one cup of Epsom Salts and 2 tablespoons of ground ginger in a cup of water, then add to your bath.

Soak for 20 minutes.

Salty Slick:

This bath helps with both dry skin and stress, which I personally love as it sorts out two common problems quickly and easily!

Mix 1 cup of Epsom salt, 1 cup of sea salt and 1 cup of sesame oil in a small bowl before dissolving the mixture into your tub of warm water. Sit back and relax. Afterwards, pat yourself dry.

Squeaky Clean:

This bath counteracts the effects of radiation and electronic pollution, and is a fabulous one to have fairly often if you work in an office with lots of computers and other electronic equipment.

Simply stir 1 cup of baking soda and 1 to 2 cups of ordinary coarse salt (or Epsom Salts or sea salt) into your bath and enjoy.

Soak for 20 minutes.

Anti-acid Detox

Here is one that anyone will benefit from, a detox bath that will deal with acid build-up. This is a quick way of restoring your body's acid-alkaline balance and will benefit anyone with sore joints or tendonitis.

Add 1 cup to 2 quarts of 100% apple cider vinegar to a bathtub of warm water. Soak 40 to 45 minutes. You might want to do this on a day when you will not immediately be going out to visit anyone as sometimes you'll temporarily pick up a bit of the vinegar's smell!

CHAPTER 13: AROMATHERAPY

You'll notice when fasting that your senses become extraordinarily heightened. The sense of smell is particularly noticeable here. This is the reason why one of my favorite things to do while fasting is to experiment with essential oils and aromatherapy.

I used to think essential oils were like potpourri... fragrances to enhance the environment. And while they certainly do that, they have also been used for over 7,000 years for their incredibly powerful medicinal and mood altering benefits.

History's most advanced ancient civilizations, the Egyptians, Greeks, Romans and Chinese, all relied on nature's essential oils to increase and maintain health of the body, mind and spirit.

Young Living Oils is the world leader in production and distribution of therapeutic-grade essential oils and premium products enhanced with essential oils.

The Founder, Gary Young, learned of the power of essential oils through a profound personal experience that led him on a worldwide odyssey to learn about essential oils and their therapeutic value.

During juice fasting, you'll find they provide you with a very tangible sense of satisfaction and give you that same sense of sense of pleasure that accompanies a great meal. In this way, if you tune in carefully to the sensations they evoke, you can actually "dine" on these scents.

I invite you to experience these extraordinary products and the potential they have for creating a better quality of life by visiting <http://breakthroughfasting.com/youngliving.html>.

Here are a few of my favorite blends to delight your senses and increase your state of mind. The mental states evoked by these oils will be a wonderful adjunct to any juice fasting regimen.

Clarity™ promotes a clear mind and alertness. It contains stimulating oils including peppermint and rosemary, which have been used for many years to promote mental sharpness. A study performed by Dr. William N. December of the University of Cincinnati found that inhaling peppermint oil increased the mental accuracy of students by 28 percent. Clarity can also be used to help restore mental alertness.

Believe™ is an uplifting blend of essential oils that has a steadying, balancing effect on emotions, helping you to overcome feelings of despair and move beyond them to a higher level of awareness. It helps release the unlimited potential everyone possesses, making it possible to experience health, happiness, and vitality more fully. Believe can also provide feelings of strength and faith.

Feelings™ features six essential oil blends formulated by D. Gary Young to promote emotional clearance and self renewal. This collection includes Valor, Harmony, Forgiveness, Inner Child, Release and Present Time.

Harmony™ is an exquisite blend that promotes physical and emotional well-being by bringing harmonic balance to the energy centers of the body. The liberating, balancing, and calming essential oils in this blend open us to new possibilities while contributing to an overall feeling of well-being.

So, take advantage of your clear mind and heightened sense of smell and dine on these fragrant delights!

CHAPTER 14: JOURNAL YOUR WAY TO SUCCESS

Journaling and diary writing are long held traditions of mankind. All through the ages we have felt a need to express ourselves in one form or another, and journaling is just one of many useful forms.

Studies have found that journaling can have a positive impact on physical well being. Researchers believe that regular journaling strengthens immune cells, and help us come to terms with and process stressful or life-changing events by writing about them. This in turn lessens the impact of these stressors on our physical health. Other research has shown that journaling decreases the symptoms of asthma and rheumatoid arthritis.

Documented benefits of journaling include:

- Clarifying your thoughts and feelings
- Getting to know yourself better by putting your thoughts on paper
- Reducing stress
- Solving problems more effectively
- Tracking patterns, improvements and growth in your life
- Getting a broader perspective on yourself and your life
- Providing a safe place to express and deal with negative feelings
- Getting your creative juices flowing

Make Your Journal Work for You

Journaling with intent is even more powerful than keeping a daily record, and is what I've switched to increasingly as I've grown and developed as a person.

This can take the form of a gratitude journal, which is a daily list of everything you can think of to be grateful for, to an intentions journal where you write down your positive intentions for the day alongside real, heartfelt affirmations about who you are and who you are becoming.

Studies show that practicing gratitude can increase your happiness by at least 25% and that doing so can have positive effects on your health, as well as make you more receptive to possibilities and opportunities. For many, keeping a gratitude journal can really help transform your life. Just think of what gratitude journals have done for Oprah Winfrey, who attributes gratitude as being one of the defining practices of her life.

Keeping a gratitude journal will instantly change your mood and perspective, and will help you sail through your juice fast and in life in general.

How To Journal Your Gratitude

Grab a notebook of any size or description that appeals to you and get a special pen that makes you feel good to write with.

Everyday, or as regularly as possible, make a list of anything you could feel grateful or thankful for. Many people find it helpful to set a daily goal of listing up to five things. Of course, you can go over if there is more to say!

Note that I say anything you *could* feel grateful for. This is because on some days you might not feel grateful at all. But it is still useful to make a list. In these instances, treat it as an investigation where you are the detective that needs to find at least five things that the suspect –that’s you again!-- could be grateful for.

An intentions journal works on the same premise - keeping it positive. Remember, that is the whole point of this fast - to find your happiest, most authentic (and slimmest) self!

It’s a well-known and proven fact those who write down their goals are more likely to achieve them. This also applies to a daily intentions journal. More than a to-do list, the gratitude journal can be a powerful recipe for success as you set the tone for your day ahead.

To keep an intentions journal, simply follow the guidelines above-- but when it comes to listing what you’re grateful for, instead list what you intend to do for the day, week or month.

Make sure that every statement is positive and couched in feel-good encouragement, such as “I intend that today I will be happy and productive while paying attention to my work.” or “This week I will clear my inbox and email account in a happy and productive manner.” This will help you generate a bit of buzz as you set out your intentions and start training yourself to *think happy*.

Feel free, once you have listed your intentions, to list a few gratitude pointers as above or perhaps a few positive affirmations that you are saying to yourself.

Breakthrough Juice Fasting Journal

If you are inclined towards journaling, or would like to give it a try during your juice fast, you can start by making use of the printable **Breakthrough Juice Fasting Journal** that I've created and included in the Resources section of this ebook.

This is something that I have designed for myself over the years and sometimes keep, if I feel inspired to do so, on a particular juice fast.

It is designed to print out as a booklet, which you can then either bind or fold and keep near to where you write in it. Each page contains a section to journal your thoughts and intentions, as well as a tick box list of tools you employ each day. This was a valuable reference for me in developing future fasting strategies, and also in writing this ebook, and will be useful for helping you evaluate your juice fast afterwards.

A blank notebook, however, is just as good.

Pray Rain Journal

Another kind of journal to keep is a Pray Rain journal. This is a journal detailing the life you want to live. This is also based on the Universal Principle of Attraction which states that you attract what you align with and put your focus on. Basically, you pick an area of your life that you want to work on - your health, for instance - and spend a few minutes everyday writing about it in your Pray Rain Journal as if you already have it. It's a form of written visualization.

Besides being a lot of fun, this is also a fantastic technique for renewing your mind and helping bring you into alignment with your dreams and desires.

My dear friend and attraction coach, Jeannette Maw, has written a simple and easy-to-follow guide to Pray Rain Journaling, which I highly recommend as an adjunct to your detox program. Have a look, and see if this is something you'd like to try. Visit <http://breakthroughfasting.com/prayrain.html> to learn more about Jeanette and her awesome vibes!

Different Strokes for Different Folks

The thing to remember with journaling, as with everything else in life, is that different things work for different people. And the best way is always the way that feels right to you.

So experiment a bit and see what you end up feeling good with. There are no hard and fast rules, other than that you need to enjoy yourself. So make sure to have fun!

Finally, it really doesn't matter what journal or notebook you use. You can even staple together a few pages of paper if you choose!

PART FOUR:

LIFE AFTER FASTING

CHAPTER 15: BREAKING YOUR FAST

A properly completed juice fast is fun and uplifting in and of itself, and should make you feel phenomenally better about every aspect of your health and your life. So it will be easier to move forward positively.

But of course it helps to have a few tips for the road! This section will help you transition seamlessly from a juice fast to normal eating state and maintain the brilliance that you have unmasked.

HOW TO BREAK YOUR FAST

Breaking your fast is as much about what not to eat as it is about what to eat. This is by far the most challenging aspect of the fast, as it will determine the success of your fast and the results that you maintain.

The first rule is to go slow. DO NOT begin eating solid foods again unless you feel grounded and centered, and have made the decision ahead of time, from your body wisdom. This applies to both set and intuitive fasting.

Secondly, have a plan. Decide ahead of time when you will break your fast and what you will eat.

When coming off a fast, start with bland, barely solid foods and work your way up through the different foods types until you are back to normal again. This will give your stomach and digestion system a chance to acclimate.

You've worked hard to create the results you've achieved. Make a commitment to keep them!

First, plan what you are going to eat for your first three to seven meals. Gradually re-introduce solid foods into your diet starting with something 'soft' such as a vegetable soup and work your way towards eating more solid foods, including good proteins and complete carbohydrates over a period of days.

The general rule of thumb is that for every day you have fasted, you should allow half a day for transitioning out. So a four-day fast will result in two days of eating soft fruits and vegetables.

Here is a sample 'Break Fast' menu for a three-day, all juice fast. You can be less strict with a modified fast, as your system will still be used to digestion, but do pay careful attention to how your body feels.

DAY ONE:

Breakfast: fruit smoothie with banana and almond milk.

Lunch: Juice as usual

Dinner: Pureed lentil or vegetable soup

DAY TWO:

Breakfast: same as day one, add 1-2 TBSP of ground flax seeds or hemp seeds to each meal

Lunch: salad and solid fruit

Dinner: bowl of steamed veggies.

DAY THREE:

Breakfast: smoothie with added flax or hemp.

Lunch: vegetable or lentil soup

Dinner: steamed or stir fried veggies with a side of brown rice or wild rice

A New Beginning

The end of a juice fast is also a new beginning and the right time to start introducing healthy lifelong habits into your everyday eating. Don't gorge on everything in sight.

I've made the mistake of doing this a few times and can tell you from experience that not only is it physically painful (you can experience horrible cramping, painful wind, and possibly even nausea or vomiting if you put your newly clean digestive system under too much strain), but it lends itself easily to feeling defeated, discouraged and slipping back into old self destructive patterns.

So instead, end your fast as positively and preparedly as you began it so that you can enjoy the results, maintain them and integrate your newfound health and vitality into your life for good!

Due to having been cleaned and refreshed, you will find that you are more sensitive to food now.

This is great news! Everything you eat, especially healthy life-giving food, will taste so much more intense and pleasurable.

You might also find that your tastes for certain foods, such as refined and fatty foods, have diminished.

Embrace this new you! This is your true healthy self finally speaking up after years of being ignored.

CHAPTER 16: MAINTAINING YOUR RESULTS

Your post fast diet is entirely up to you. But if you did this fast for the right reasons- to become healthy, happy and shed pounds for good, then you will probably be very enthusiastic about integrating some of your new healthy practices into your life from now on.

I say: do what feels good. If you are overweight and still need to lose some weight, then invest some time and energy in researching a particular way of eating or losing weight that suits you. Stay away from traditional diets and fat-cures, unless they truly ignite your soul and make you feel good.

But, as a general rule of thumb, the more fruit and vegetables you eat, the more weight you will lose. Remember the Alkalizing Principle – the less acid in your system, the less need there is for fat cells to buffer this acid. Fruit and vegetables are nature's most alkalizing substances.

You'll find that being this cleansed and healthy feeling has set you up for success. If you still have a bit of weight to lose, you will notice that you can now lose it more easily because your body will be better at utilizing what you do eat. It will be better at dealing with helping you get in shape.

After a break from juice fasting, you can return to it periodically, while you are in the process of shifting off the excess weight, as an ongoing tune up on the road to slenderness and health.

Also, having become more in tune with your body, you'll now find it easier to determine what is true hunger and what are unresolved emotions disguised as hunger. And you will be able to make an informed choice.

CHAPTER 17: POST FAST EVALUATION

It's a good idea to take a moment to sit down and evaluate what worked for you and what didn't during your fast, and also what has come out of it for you. If you kept a fasting journal, this will be particularly useful.

With so many fasts under my belt, I've developed a Fasting Evaluation Form that I use to help me reflect on what I've accomplished with every fast. You can find this in the Resource Section. You can fill it in and use it to help you determine the best way forward after your juice fast.

I've found this practice to be a hugely uplifting and affirming experience, which has helped increase my self-confidence and my natural intuition.

As I was losing the bulk of my excess weight, this also helped me to stay focused after a juice fast and get ready for the next one.

Healthy Habits

If you did this fast to increase your vitality and feel cleansed, then keep it that way by gravitating towards foods that promote a healthy digestion and vitalized body.

Here are some other tips to incorporate into your new healthy eating lifestyle:

Have a monster salad every day. Salads can be a completely satisfying experience if prepared the right way. Gone are the days when a salad was made of just lettuce and cucumber.

How about a huge bowl of spinach and Mesclun greens, with roasted red peppers, sun dried tomatoes, shredded beets, diced onion, fresh basil, oregano and chives, all topped off with fresh goat cheese, pecans and a generous dousing of Extra Virgin Olive Oil, Balsamic Vinegar and Agave nectar? Sound good?

Even salad can feel abundant and decadent! And, by incorporating raw vegetables into your diet at least once a day, you'll be providing your body with priceless natural roughage and deliciously helpful vitamins and of course - ENZYMES.

Keep up your juice intake! To supercharge your life, keep drinking nature's super fuel. Even one glass of fresh raw juice a day will make a mighty difference to your system and help keep you motivated and healthy. There is more nutrition in one glass of juice than most Americans are getting in one week of eating the standard American diet - so try substituting juice for a meal every now and then.

Or just have it on the side, instead of a glass of wine. Your body will love you for it.

Experiment! Just as you have tried a new thing by juice fasting, and you might have even tried new fruits and vegetables that you had never heard about, I encourage you to keep an open mind and an adventurous soul when it comes to eating food in general.

Seek out new and exciting recipes, order things you've never eaten before, and never be afraid to combine odd and interesting flavors together to see what happens!

Keep your body interested, and keep it guessing, and it will be far less likely to become sluggish and bored.

Everything in moderation. Many juicing books promote a 100% raw food lifestyle. While we agree that adding as many raw and living fruits and vegetables as possible will enhance your health and life, we encourage you to find the way of eating that makes you feel most vibrant and alive!

The entire point of this book is to help you reconnect with your health and live your most authentic life. That means letting your body guide you toward what is most healthy and your spirit toward what feels best.

If you want to stay healthy, then eat as many raw foods as possible. Eating them is simply the best thing you can do for yourself. But don't hate yourself if you can't stick to a 100% raw food diet.

There are no 'bad' choices in life; there are just better and better choices. Add the good stuff until you no longer feel a need for the bad stuff.

If you consciously work with and not against yourself, you'll automatically find the balance that is perfect for you. That's the key to long lasting, sustainable weight loss. Now is a great time to start exploring new horizons in terms of what you eat and how you take care of your body.

Make sure that whatever diet and lifestyle you choose makes you feel happy and free. I've included a list of experts in different eating lifestyles in the Resource Section to help you begin exploring.

Also, at The Juicy Peach, which is the 'parent blog' of Breakthrough Juice Fasting, we're always bringing you the most cutting edge information on how to live a juicy life through diet, nutrition, conscious living and just plain feeling good. So, visit often! We love seeing you there!

CONCLUSION

I would like to leave you with a quote by Ralph Waldo Emerson. He said, "The reward of a thing well done is to have done it."

So well done, my new friend, for starting this exciting journey of vibrant health and authenticity! Now keep going until you too can feel how good it is to have finished a juice fast the natural, healthy and fun way.

I have every confidence that by reading this guide, and following the instructions within, that you will come one step closer to the authentic brilliance that is you.

Thank you for reading, for honoring yourself in this way, and **HAPPY CLEANSING!!!**

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Resource Section



Juices & Elixirs

The following list of juices and broths will get you started on your experimentation in the world of juice! These are my personal favorite juices and the ones that I find myself returning to again and again. The quantities are flexible so don't feel you need to stick to the recipes exactly. I encourage you to modify them according to your taste and preferences, and to experiment in coming up with your own. Please be sure to stop by www.cleansewithkate.com and let us know what you come up with!

Note: Push leaves through the juicer with harder vegetables. For example, if you are juicing spinach and celery, toss the leaves into the chute and push them through with the celery stalks. Also, be sure to follow the instructions in the User Manual that came with your juicer. Most of all, enjoy!

Kate's Favorite Green Drink

The pigment that makes plants green is called chlorophyll. Chlorophyll is to plant systems what blood is to humans and animals. Anyone who is prone to anemia would do best to include lots of chlorophyll rich juices in their diet.

One granny smith apple (other apple varieties may be substituted)

1 cucumber

2 stalks celery

2 handfuls of spinach

(add more apples to desired sweetness)

Green juice can be tasty!

Red Dragon

1/2 cucumber
2 med carrots
1/4 to 1/2 beet

(Go easy on the beets at first. Due to their highly detoxifying properties, they can cause nausea. Ease into using them. Begin with a slice no larger than your thumb and then increase in size as you become cleaner.)

Sweet and Sour

(Warning! This juice has been known to be addictive!)

1 grapefruit
1 1/2 cups of pineapple chopped
1 handful of red grapes

Anti-Aging Green Drink

1/2 cup carrots
1/3 cup celery
1 large romaine leaf
1/2 handful of cut escarole leaves
15 parsley sprigs

Energy Cocktail

1 cucumber (with skins in tact unless non organic, then peeled)
1/2 carrots
1/2 beet

1/2 lemon
2 celery stalks
1 handful fresh parsley

Summer Refresher

1 ripe round watermelon (about 8 inches diameter - halved and seeded)
2 limes freshly squeezed
2 inches fresh ginger
raw agave nectar to taste

Serve over ice in summer months!

Carrot Juice

Here's my favorite carrot juice recipe. I make this juice almost every morning. Very quick and easy:

1 lb large carrots (washed and peeled)
1/2 lemon (peeled)
A few green leaves such as red lettuce or carrot greens
1 apple

Mineral Broth

The following broth recipe may be substituted or used interchangeably with the recipe from earlier in the book. Play around and find out what works best for you.

Note: Broths may be seasoned with pure sea salt and fresh cracked pepper.

Vegetable Broth

1/2 cup chopped onions
1/2 cup chopped celery
1/2 cup chopped fresh parsley
1/2 cup chopped turnips,
1/2 cup chopped parsnips
1 bunch of spinach or kale leaves
1 russet potato chopped.

All ingredients into pot and add enough water to cover. Simmer until vegetables are tender (about 1 1/2 hour). Strain and compost the vegetables. Add a bit of therapeutic salt, such as Himalayan sea salt to taste and sip throughout the day.

Aigo Buido (Or Garlic soup)

In this delicate soup, sage and garlic come together to create intensity while parsley, thyme and sage infuse your body with minerals. You can serve it with vegetables intact when not fasting, or as a “break fast” soup to help you ease your way back into solid foods. You can also strain the veggies out for a warming broth on juice fasting days.

2 parsley branches
1 big head of fresh garlic, peeled and separated
2 thyme sprigs
2 bay leaves
6 sage leaves
full flavored Extra Virgin olive oil to drizzle (preferably organic)
sea salt and fresh cracked pepper to taste (easy on the pepper!)

Combine with roughly 5 cups water over high heat. Bring all to a boil and cook covered for 20 minutes. Strain and toss veggies (you may leave the garlic as the flavor will continue to evolve over the next few hours). Add some drops of olive oil and sip in the goodness!

Have Fun & Enjoy!

Breakthrough Fasting Evaluation

Start**date:****End date:****Total number of days:****Full or modified fast:****Starting Weight:****Ending Weight:****Juices & Modifications:**

Use the table below to fill in the symptoms I have entered and then take stock at the beginning of your fast to enter your own.

Symptom	Before (Scale 1-10)	After (Scale 1-10)
Energy		
Skin		
Mood		
Hair & Nails		
Sleep		

Most challenging days were? _____

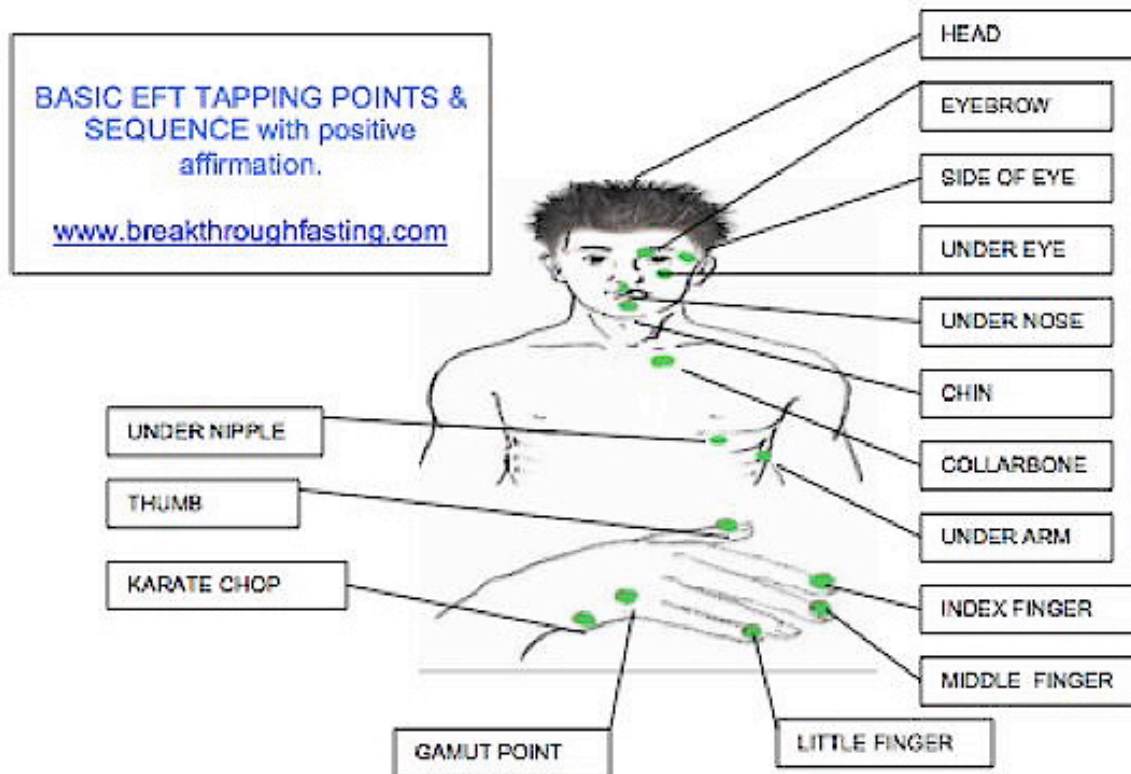
Why? _____

Tools employed? _____

What I enjoyed most about the fast? _____

What I learned? _____

What I will remember to do next time? _____



Preparation

Step 1: Identify the problem you want to focus on, such as "I'm irritable while fasting".

Step 2: Consider the problem or situation. How do you feel about it right now? Rate the intensity level of your anxiety, with zero being the lowest level of anxiety and ten being the highest.

Step 3: Compose your Setup Statement. Your set up statement should state the essence of the problem you want to deal with, and then follow it with an unconditional affirmation of yourself as a person. Such as,

"Even though I *feel irritable while fasting*, I deeply and completely accept myself."

The Setup

Step 4: Perform the set up: With four fingers on one hand, tap the Karate Chop point on your other hand. Repeat the set up statement three times out loud, while simultaneously tapping the Karate Chop point. Now take a deep breath!

The Sequence

Step 5: Repeat the essence of your setup phrase while focusing on that feeling and tapping on the twelve tapping points in the following sequence: Head, Eye-brow, Side of Eye, Under Eye, Under Nose, Chin, Collarbone, Underarm, Thumb, Index Finger, Middle Finger, Little Finger, Karate Chop while repeating the essence of your setup phrase. *For example, "Irritable while fasting."*

The Gamut Procedure

Step 6: Now look straight ahead and continuously tap the Karate Chop point while performing the following actions: A. Without moving your head, look hard down to the right. B. Without moving your head, look hard down to the left. C. Circle your eyes clockwise. D. Circle your eyes anti-clockwise. E. Hum two bars of any song out loud. F. Count to five out loud. G. Hum two bars of the same song out loud again.

The Sequence

Step 7: Repeat the same sequence from Step 5, making an effort to concentrate on the feeling as you speak and tap it.

Finish & Evaluate

Step 8: Congratulations! You've completed your first EFT sequence. Take a deep breath and focus on your problem again. How intense is the feeling now, in comparison to a few minutes ago? Give it a rating on the same number scale that you used before the initial setup.

Repeat if Needed

If the feeling is still higher than '1' or '2', you can do another round of tapping. But this time your setup statement, you need to reflect that you are dealing with the remainder of the problem. For example, you would say, "Even though *I still feel this remaining irritability while fasting*, I deeply and completely love and accept myself".

Repeat tapping rounds until the feeling is neutral. You might find that on finishing, you'll be a little tired and might even have a foggy head. This is a good sign and means that you have made good progress. Take a drink of water.

Positive Affirmation

Now that you've focused on dispelling your immediate anxiety, you can work on installing some positive feelings instead.

Breakthrough Juice Fasting

Release Your Radiance!